

MEMORIAL DAY 2020

THE AMERICAN Legion

www.legion.org

\$2.50 MAY 2020

The magazine for a strong America



FOR GOD AND COUNTRY SINCE 1919



MEMORIAL DAY



Far away
From all they knew,
With hearts of pride
And courage true,

Vowed to serve
As freedom's light,
And through their strength
Our nation's might,

They gave all
Our brave defenders,
Where poppies lie,
We will remember.



PoppyInMemory.com

Invest in a Legendary Collection

THE ROOSEVELT LEGACY SERIES \$10 GOLD LIBERTY COINS

26th President of the United States of America



Theodore Roosevelt

- Original Pre-1933 Mint Issues
- Roosevelt Signature Series
- Government Issued Legal Tender
- Professionally Certified By PCGS

Exclusive **MintSelect[®]** coins

**EXPERTS PREDICTING GOLD
TO SOAR PAST \$2,200 IN 2020!**

BRAND NEW 2020 GOLD & SILVER AMERICAN EAGLES



\$5 Gold

AS LOW AS

\$118.00

\$1 Silver

AS LOW AS

\$18.00

COMPLETE SELLOUT EXPECTED - ORDER LIMITS APPLY

Order Yours Today!



* As low as price is available with purchase of certified \$10 Roosevelt Liberty Gold. Price otherwise, add \$50 for Gold and add \$5 for Silver. Price subject to change due to volatility. Add \$15 for SH&I for orders under \$1000. Gold and silver coin limits are at our discretion.

 **UNITED STATES
PRECIOUS METALS™**
www.uspreciousmetals.com

**Orders Over \$1000
Free Secure Shipping**

A+
Rate

 **BBB
ACCREDITED
BUSINESS**

**Vault Code: AL0520
1-866-854-4012**



Legion

contents

May 2020 • Vol. 188, No. 5

- 5 Vet Voice**
- 8 Commander's Message**
- 12 I Am The American Legion**
- 14 Big Issues**
- 16 Living Well**
- 20 Travel**
- 46 Rapid Fire**
- 58 Comrades**
- 60 Parting Shots**

22 The Auxiliary at 100

The American Legion Auxiliary celebrates its first full century of support and advocacy.

By Nicole Clapp

28 A Toxic Mess

The link between "forever chemicals" and fatal diseases creates a health crisis in the military community.

By Ken Olsen

34 #BestYearEver

VA Undersecretary for Benefits Paul Lawrence believes the agency is turning a historic corner. *By Jeff Stoffer*

38 The Music of Our Military

The anthems of the U.S. service branches are steeped in history.

By Marc Ferris

SONS REMEMBER

Sons of the American Legion members pay tribute to the "greatest generation" with a visit to the National World War II Memorial during the 60th American Legion Washington Conference in March. *Photo by Ben Mikesell*

ON THE COVER

An American Legion Rider adjusts the red poppy on his vest during Veterans Day ceremonies in Centralia, Wash. *Photo by Scott Spiker*

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its nearly 2 million members. These wartime veterans, working through 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

DIAGNOSED WITH MESOTHELIOMA?

IT'S TIME TO
RETURN FIRE.
TURN TO A
FELLOW VETERAN.



As former Marines and sailors, we served together yesterday. As seasoned attorneys, my firm and I will fight for you today. Attorneys at Coady Law Firm have successfully represented veterans in mesothelioma claims nationwide for more than two decades. We've helped veterans understand their rights—and secured millions for their families in just compensation.

Trust in the experience and commitment of a shipmate who served with you. Contact the Coady Law Firm. Receive a **FREE**, no-obligation consultation.



Bud Coady

*Harvard, 1979
USMC, 1979-89, 1991
Gulf War Veteran
Attorney at Law*

\$30 Billion

**FROM U.S. COMPENSATION
TRUST FUNDS AVAILABLE FOR
VETERANS WHO QUALIFY**

**Call 1-888-802-MESO (6376)
TO DETERMINE YOUR ELIGIBILITY.**

75 Arlington Street, Suite 500 • Boston, MA 02116 • Web: www.coadylaw.com



FREE SHIPPING

STOP

Struggling To Put On
TOO-TIGHT
Compression Stockings

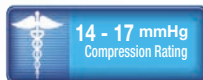


AT LAST!

Compression Stockings
EASY To Get Into



Durable
EASY-SLIDE
ZIPPER
For **FAST**
On 'N Off



14 - 17 mmHg
Compression Rating

Zippered
Compression Stockings
Are Designed To Help

REDUCE SWELLING...



Helps Increase
Circulation

IMPROVE CIRCULATION!

Gentle Compression Helps:
INCREASE Blood Flow,
REDUCE Swelling
SOOTHE Aching Muscles

Buy 1 Pair Get 1 Pair FREE
now only \$19.99

1-800-530-2689 Order Now Toll-Free
M-F 6am-1am CST, S-S 6am-9pm CST

*We may be required to collect sales tax.
Please visit DreamProducts.com
FAQ page if you need more information.

Connect With
DreamProducts.com
website offers may vary

Receive A Free Surprise Gift With Every Order

Source Code. 78699 © Dream Products, Inc. (Price valid for 1 yr.)

Uniquely comfortable zip-up design makes it oh so easy to put them on...take them off. Protects the health of your legs with gentle compression to help increase circulation, with open toes to create a better fit for swollen, sensitive feet. Can be easily worn with shoes & socks for all-day relief. Compression rating 14-17 mmHg. Imported of nylon & elastane. Available in black and beige, sizes S/M & L/XL.

Satisfaction Guaranteed or Return For Your Money Back.

Item #370092 - Zippered Compression Stockings, 1 Pair
Select 2 of Any Combination of Size & Color, 1st Pair \$19.99, 2nd Pair Free
(Indicate Quantity Under Size, By Color)

Size Color	Small/Medium (1750)	Large/X-Large (1157)
Black (101)		
Beige (204)		

Zippered Compression Socks, 2 Pair @ \$19.99 Buy 1 Get 1 Free! (Any Combination of Size & Color)	\$
Add applicable State & Local SALES TAX on the Subtotal	\$
Add \$2.00 Handling (no matter how many sets ordered)	\$ 2.00
FREE Regular SHIPPING	FREE
Indicate Quantity Under Size, By Color	Total \$

Send check/money order payable to Dream Products
412 Dream Lane, P.O. Box 3690, Oshkosh, WI 54903-3690

☐ VISA ☐ MasterCard ☐ Discover®/NOVUSSM Cards

Card# _____ Exp. Date ____/____/____

Name _____

Address _____

City _____ ST _____ Zip _____

Daytime Phone # _____

Source Code **78699** Email _____

THE AMERICAN Legion MAGAZINE

NATIONAL COMMANDER James W. "Bill" Oxford
PUBLISHER The American Legion
EDITOR Jeff Stoffer

DEPUTY DIRECTOR OF MEDIA & COMMUNICATIONS Henry Howard
MANAGING EDITOR Matt Grills
ASSOCIATE EDITOR Laura Edwards
ADMINISTRATIVE COORDINATOR Julie Campbell
ADMINISTRATIVE ASSISTANT Katherine Chrisman
SOCIAL MEDIA EDITOR Steven B. Brooks
DISPATCH EDITOR Cameron Richardson
ASSISTANT WEB EDITOR Andy Proffett
VISUAL TEAM MANAGER Holly K. Soria
MEDIA DESIGN SPECIALIST Celesta Torok-Lee
VISUAL MEDIA SPECIALISTS Josh Marshall
Ben Mikesell
PRODUCTION MANAGER Tony Heath
CONTRIBUTING EDITOR Alan W. Dowd

MEDIA & COMMUNICATIONS COMMISSION

CHAIRMAN Walter W. Ivie, Austin, Texas
VICE CHAIRMAN James C. Morris, Cardington, Ohio
NATIONAL COMMANDER'S REPRESENTATIVE Michele A. Deems, Nemacolin, Pa.

CONSULTANTS Rodger A. Bennett, *Thawville, Ill.*
Robert A. Corrigan, *Bronx, N.Y.*
Albert W. Coughlin, *Park Ridge, Ill.*
Jerilyn Strande, *Cottonwood, Ariz.*

MEMBERS Richard A. Baxter, *Palisade, Neb.*
John R. Buckwalter, *Kirksville, Mo.*
Jeffrey K. Crouser, *Dover, Del.*
Thomas A. Fernlund, *St. Cloud, Minn.*
C. Jacob Greeling, *Bella Vista, Ark.*
Paul L. Greer, *Leesville, La.*
Berley Hanna Jr., *Somerset, N.J.*
Gregory Jackson, *Delta, Colo.*
James A. Johnson, *Gordo, Ala.*
Paul M. Kennedy, *Pittsburgh*
Doug Malin, *West Haverstraw, N.Y.*
Susan B. Mason, *Sorrento, Fla.*
Silas M. Noel, *Frankfort, Ky.*
Willis J. Pritchard, *Oakes, N.D.*
Robert Reynolds, *Nashville, Tenn.*
Raymond J. Samko, *Worcester, Mass.*
Richard Schloendorn, *Scranton, Pa.*
David L. Sharber, *Mount Vernon, Ind.*
Everett G. Shepard, *Ill. Woodstock, Conn.*
George J. Sinkewitz, *Huntington, W.Va.*
David F. Wallace, *Alexandria, Va.*
Frank C. Ward, *Greer, S.C.*
Mark A. Weinmann, *Canton, S.D.*
Danny K. Wiley, *Leavenworth, Kan.*
Robert F. Woodruff, *Marietta, Ga.*

NEC LIAISON COMMITTEE Charles K. Robbins, *Toms River, N.J.*
Judith S. Beischel, *Fountain Hills, Ariz.*
Dale F. Davis, *Lacey, Wash.*
Tom Marcicak, *Hawthorn Woods, Ill.*

ADVERTISING

ADVERTISING MANAGER Diane Andretti
ASSISTANT ADVERTISING MANAGER Chris Elliot

CONTACT The American
Legion Magazine
P.O. Box 7068
Indianapolis, IN 46207

ADVERTISING SALES James G. Elliott
Company, Inc.
(917) 421-9055
NEW YORK (312) 348-1206
DETROIT (312) 348-1206
CHICAGO (213) 596-7215
LOS ANGELES

Copyright 2020 by The American Legion

The American Legion (ISSN 0886-1234) is published monthly by The American Legion, 5745 Lee Road, Indianapolis, IN 46216. Periodicals postage paid at Indianapolis, IN 46204 and additional mailing offices.

POSTMASTER: Send address changes to The American Legion, Data Services, P.O. Box 1954, Indianapolis, IN 46206.
Canada Post International Publications Mail (Canadian Distribution) Sales Agreement No. PM40063731. Return Undeliverable Canadian Addresses to: Station A, P.O. Box, Windsor ON N9A 6J5. Re-entered second-class mail matter at Manila Central Post Office dated Dec. 22, 1991.



Printed in USA
Member Audit Bureau of Circulations

The Magazine for a Strong America

HOW TO CONTACT US

ADDRESS CHANGES AND SUBSCRIPTIONS

For change of address by mail, attach old address label, provide new address and membership number

CUSTOMER SERVICE (800) 433-3318
cs@legion.org
The American Legion
Data Services
P.O. Box 1954
Indianapolis, IN 46206

MAGAZINE magazine@legion.org
ARTICLE PROPOSALS www.legiontown.org/share

NATIONAL HEADQUARTERS (317) 630-1200
700 N. Pennsylvania St.
Indianapolis, IN 46204
P.O. Box 1055
Indianapolis, IN 46206
MAGAZINE magazine@legion.org
EMAIL magazine@legion.org
TELEPHONE (317) 630-1272
WEBSITE www.legion.org
SUBSCRIPTIONS Free with membership
Non-members: \$15
Foreign: \$21
Post-sponsored and widows: \$6
Single copies: \$3.50

MEMBERSHIP IN THE AMERICAN LEGION

Veterans who served at least one day of active military duty during wartime, or are serving now, are potentially eligible for membership in The American Legion. Members must have been honorably discharged or still serving honorably.

ELIGIBILITY Dec. 7, 1941 – current
DATES OF MILITARY SERVICE April 6, 1917 – Nov. 11, 1918
(Merchant Marines who served from Dec. 7, 1941, to Dec. 31, 1946, are also eligible.)
TO JOIN Membership Division
membership@legion.org
(317) 630-1321
www.legion.org

PROGRAM CONTACT INFORMATION

VETERANS AFFAIRS & REHABILITATION (202) 263-5759
va&r@legion.org
VETERANS EDUCATION & EMPLOYMENT (202) 263-5771
ve&e@legion.org
FAMILY SUPPORT NETWORK (800) 504-4098
familysupport@legion.org
NATIONAL SECURITY (202) 861-2700
ns@legion.org
LEGISLATIVE (202) 263-5752
legislative@legion.org
CITIZENS FLAG ALLIANCE (317) 630-1384
cfa@cfa-inc.org
www.legion.org/flag
LEGION RIDERS (317) 630-1265
www.legion.org/riders
legionriders@legion.org
AMERICAN LEGION BASEBALL (317) 630-1249
baseball@legion.org
www.legion.org/baseball
BOYS NATION (317) 630-1207
boysstate-nation@legion.org
JUNIOR SHOOTING SPORTS (317) 630-1249
juniorshooting@legion.org
NATIONAL ORATORICAL CONTEST (317) 630-1249
oratorical@legion.org
USAA (877) 699-2654
www.usaa.com/legion

SCHOLARSHIPS & CHARITABLE TRUSTS

AMERICAN LEGACY SCHOLARSHIP (317) 630-1212
scholarships@legion.org
AMERICAN LEGION ENDOWMENT FUND (317) 630-1202
CHILD WELFARE FOUNDATION (317) 630-1202
www.cwf-inc.org
NATIONAL EMERGENCY FUND (317) 630-1376
ia@legion.org

AMERICAN LEGION MERCHANDISE

ORDER PLACEMENT AND CATALOG REQUESTS (888) 453-4466
emblem.legion.org
emblem@legion.org

AMERICAN LEGION FAMILY

AMERICAN LEGION AUXILIARY (317) 569-4500
www.legion.org/auxiliary
SONS OF THE AMERICAN LEGION (317) 630-1205
www.legion.org/sons



'The Threat Unmet'

Christopher Mellon's article brought back lots of memories. In 1964, I was a 20-year-old Navy NCO stationed at U.S. Naval Security Group Activity, Sabana Seca, Puerto Rico. The work we did was classified. In November of that year, there was a "flap" of UFO sightings in our area of interest, some of which included verification by Navy ship radar as well as visual corroboration by experienced F-8 jet pilots. I have held in my possession for 55 years a few of the messages generated at the time, the classification of which was set at "Unclassified EFTO" (Encrypt For Transmission Only). I have never shared these records publicly, and I confess to being a bit hesitant to do so even now, despite the passage of so much time. Perhaps the grip of governmental secrecy on the topic of UFOs is slowly being relaxed so that we can all finally know the truth.

— R. Lee Walther, Barre, Vt.

This article was disturbing, to say the least. That two F-18 pilots obtained video of UFOs in broad daylight, and their sightings were corroborated by "sophisticated military sensor systems," should raise alarms at all levels of DoD.

President Trump mentioned the U.S. Space Force in his State of the Union address. I hope this threat would be the highest priority of this new branch and that Congress will not drag its feet in getting it moving.

— Gary D. Bell, Trenton, Ga.

Christopher Mellon's article is dead on. Unfortunately, his sources are predominantly Navy, which limits the scope of his thesis. Another unfortunate circumstance is the lockstep

mentality of DoD "security" and "leadership" communities that refuse to accept paranormal events and occurrences or even deign to investigate them in an effective manner. The word "paranormal" implies not scientifically explainable.

With most of the Integrated Fire Control crew of our Alaska-based Improved Nike Hercules air defense artillery battery, I witnessed an scientifically unexplainable event sometime during the period of mid-1968 to mid-1969. We attempted to track a large airborne object with no less than four different radar bands, and observed that it performed activities that violated numerous laws of physics. We eliminated all possibilities that this was a

naturally occurring atmospheric anomaly. We were all convinced we had witnessed what was then known as a “UFO.”

The reason the actual date of this incident isn’t precise is that it was never reported above our battery level, and security regulations prevented the crew from discussing the incident with other members of the battery or any other outside entity. The crew agreed, on the spot, to not report or discuss the incident further for fear of being branded “unstable,” losing our top-secret security clearances (we were a nuclear-capable unit), or, as “unreliable” soldiers, reassigned in very adverse circumstances. At that time, Nike radar systems were among the most powerful short-range acquisition and tracking radars. Short range meant 300,000 yards or better, tracking meant speeds of above mach 3.

Before that incident I was a UFO skeptic, but having been there was converted on the spot. I have discussed this with other crew members since 2008, and they all remember the same things and admit they believe in UFOs. None of us have followed up since, presumably due to knowledge of security regulations and that we would be labeled “crackpots.” I’d bet money that if an open-minded and sincere investigation into such occurrences was conducted among all military who had experience in aviation, radar or other such atmospheric systems, the incidences of a UFO nature would be astonishing.

– Jim Biles, Barstow, Calif.

To see DoD release such striking video evidence of UFOs being tracked by Navy pilots was quite remarkable. For me, it was a throwback to something that happened over 45 years ago.

I was discharged from the Air Force in 1972 and immediately hired as a civilian by the organization I worked for during my enlistment: the National Security Agency (NSA). I was brought onboard as an intern with the Traffic Analysis Career Panel, which today is referred to as Intelligence Analysis.

Sometime in 1974 I was in the office of the exec of the Communications Security (COMSEC) Career Panel. During our discussion that day, he revealed that he was the “unofficial” NSA historian for UFO activity. (“Unofficial” because Project Blue Book had been officially closed about five years before.) He opened his bottom desk drawer and pulled out a thick folder. It contained classified reports of UFO activity, most of which occurred in the United States and the United Kingdom. He read excerpts from what were clearly rational and nonemotional accounts. It was striking how detailed they were; some covered several hours of continued activity. All were recounted by U.S. military, and the activity occurred in and around U.S. bases.

– Paul C. Hickey, Myrtle Beach, S.C.

While I believe these events should be investigated, I do not believe they are alien aircraft. When I was an SP-5 instructor at the Meteorological Observation

School at Fort Monmouth, N.J., from 1964 to 1966, I actually generated some UFO sightings. During that course we had one week of night classes where we inflated, launched, tracked and analyzed data from large upper-air balloons. At night they had to have lights attached to prevent aircraft from flying into them.

To keep things interesting we occasionally put a light inside one of the giant balloons, creating a huge ball of light in the night sky. Sometimes we launched two piball balloons (small non-instrument-carrying balloons) with a long cord connecting them. We then tied several lights along the length of that cord. In flight, this appeared as several small lights jockeying back and forth in formation.

We always received UFO reports the following day, so I know it is easy to misidentify these things. UFOs have been around forever. Eventually all of them are explained as natural phenomena.

– Paul Roales, Tulsa, Okla.

U.S. policy toward Iran

Regarding the debate on this subject (Big Issues, March), I give Rep. Jim McGovern the benefit of the doubt. I believe his remarks were not mere politics. But sincerity and good intentions cannot kill a lowlife terrorist. Our troops do that, and they are the best. Sometimes there is no time left for discussion and pedantic debate over protocol.

Hats off to the guys who executed the strike.

– Frank Anthony Cuomo, Canoga Park, Calif.

THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS

Include your hometown and a daytime phone number for verification. All letters published are subject to editing.

Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine, P.O. Box 1055, Indianapolis, IN 46206
magazine@legion.org

CUSTOM BUILT IN AMERICA¹

Renewal
by Andersen[®]
WINDOW REPLACEMENT an Andersen Company



The **Better Way** to a **Better Window**[™]

Window Replacement Done the Right Way



Is window replacement difficult?

Like many things, the answer to this question is: it depends on who you call. There's a window replacement company that has proven its trustworthiness and reliability: Renewal by Andersen is the full service replacement division of Andersen, the most trusted family of window and door brands in America.³



For more than a century, Andersen has created a legacy for innovation and quality that is at the heart of what we do. Renewal by Andersen is determined to never stop improving – that's how **we've maintained a reputation for industry leading replacement windows.**

We will send specially trained project technicians to your home to make sure your custom built windows are a precise fit. And our Certified Master Installers are hands down the best in business – every detail matters to them. Of course, you also have full access to our knowledgeable customer care representatives if you have questions.

Call by May 31

Schedule your **free** window diagnosis.

TOLL FREE 800-724-4380

Visit REPLACEWINDOWS.TODAY.COM



SPECIAL OFFER

Buy 1, Get 1

40% OFF²

Your entire project

Minimum purchase required.

WITH

**\$0 Money Down,
\$0 Interest,
\$0 Monthly Payments**
for 12 months²

Minimum purchase required. Interest accrues from date of purchase but is waived if paid in full within 12 months



★★★★★
4.7 OUT OF 5
RENEWALBYANDERSEN.COM
95,000+ REVIEWS

**We are truly grateful for
your service to our country.**

¹CUSTOM BUILT: Custom built in America using U.S. and imported parts. ²DETAILS OF OFFER: Offer expires 5/31/2020. Offer valid on initial visit only. Not valid with other offers or prior purchases. Buy one (1) window, get the next one (1) at 40% off and 12 months \$0 money down, \$0 monthly payments, \$0 interest when you purchase four (4) or more windows or patio doors between 4/15/2020 and 5/31/2020. Subject to credit approval. Interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Available only at participating locations. See your local Renewal by Andersen location for details. License MN: BC130987/WI:266951. Excludes MN insurance work per MSA 325E.66. MHC #121441. VA License #270515684. DC License #42021500125. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. *ENERGY STAR[®] is a registered trademark of the U.S. Environmental Protection Agency. ³2018 U.S. Homeowner Brand Study of the Renewal by Andersen brand vs. competitive brands. *Renewal by Andersen[®] and all other marks where denoted are trademarks of Andersen Corporation. © 2020 Andersen Corporation. All rights reserved. RBA12330

In honor of those no longer among us

The coronavirus pandemic has reminded everyone how fragile life can be. Unexpected and potentially deadly circumstances lurk around corners. For most Americans, the outbreak brought to light what it means to face unforeseen danger, take action and protect others. Those who have served in the U.S. military are defined by such a cadence.

Among veterans, Memorial Day is a time to honor the men and women who did not return home from service; the unexpected but always-possible circumstances of armed conflict were their fate. It is also a time to consider those who *did* come home only to discover later that some potentially fatal consequence of wartime service followed them into civilian life. Memorial Day is also for them, the men and women who were exposed to atomic radiation, Agent Orange, burn-pit smoke and other toxic substances encountered during their time in uniform.

Likewise, it is a time to remember veterans who have succumbed to the invisible wounds of war and taken their own lives or put themselves in dangerous situations caused by post-traumatic stress disorder, traumatic brain injury or other service-connected conditions.

Just as it was a founding principle of The American Legion over a century ago, our efforts to get at-risk veterans the care they need today are a sacred tribute to those no longer among us.

In March, when asked by Congress what The American Legion planned to do about such issues as reducing the veteran suicide rate and getting long-denied Blue Water Navy veterans into contact with VA for health care and disability benefits, I kept coming back to a pretty effective answer many of our posts know well: Buddy Checks.

When American Legion posts assemble teams, collect names, make phone calls or knock on doors to check on the welfare of veterans, they quickly learn of those potentially fatal circumstances that lurk around corners no one saw coming. We can advocate for national issues in Washington, D.C., but real assistance for veterans in need, or at risk, comes at the community level, face to face, veteran to veteran.

Fourteen out of the 20 veterans a day who take their own lives are not enrolled in VA health care. For some, that system is inconveniently distant. A surprisingly large percentage of veterans, according to a 2019 American Legion survey, lack awareness of VA mental-health services. We must work with VA to connect such dots in our communities. Buddy Checks can be a life-saving approach, especially if they are conducted throughout the year. Download the resource kit at legion.org/membership/buddycheck to get started.

May is our special time to honor the fallen and remember those with whom we served. They may have been shot down in Korea. Perhaps a form of cancer claimed them due to poisoned air they were forced to breathe while serving in Vietnam. Way too many will have wearied from years of wrestling demons and be among the 20 per day.

Wherever we can, however we can, in honor of those no longer here, let's rededicate ourselves to finding local veterans who need assistance from us or from VA, and follow that time-honored cadence that defines us.

James W. "Bill" Oxford



National Commander
James W. "Bill" Oxford

MEMORANDA

SPRING MEETINGS CANCELED

To comply with Indiana Gov. Eric Holcomb's executive order limiting in-person meetings to no more than 50 people through May 5, the American Legion National Executive Committee's Spring Meetings in Indianapolis have been canceled. The NEC voted on a resolution for mail vote to confirm the cancellation via email. The Legion believes this action is the responsible thing to do for the safety of NEC members, and will work with those who made airline and hotel reservations to ensure they do not suffer financial loss.

legion.org/coronavirus

BLOOD DONATIONS

When disaster strikes, blood donations are urgently needed. American Legion Family members are invited to donate via a special Red Cross web link.

sleevesup.redcrossblood.org/campaign/sleevesup-with-the-american-legion

legion.org/coronavirus

PATRIOTIC HOLIDAYS

Armed Forces Day is May 16. National Poppy Day is May 22, and Memorial Day is May 25. Share how your post is commemorating these holidays at legion.org/legiontown.

A FOUNDATION OF **HOPE**

FOR DISABLED VETERANS



**I was about to give up...
I wouldn't have known where to go.**

*Korean War Army veteran Willie Alvin Cousin,
who received long-overdue and wrongly denied
VA disability benefits after his case was reopened
and won by American Legion Department
Service Officer K. Robert Lewis*

FOR MILITARY AND VETERAN FAMILIES IN NEED



**These were important things.
It helped them not get behind
in their rent... It helped them
put food in the refrigerator.**

*Coast Guard Vice Commandant Adm. Charlie Ray
after American Legion Temporary Financial Assistance
helped more than 3,120 children whose active-duty families
were affected by the federal government shutdown*



Your gift provides hope for disabled veterans and children in need.

The American Legion Veterans & Children Foundation, formerly the American Legion Endowment Fund, delivers vital financial support for service officers worldwide who are working on VA disability claims for more than 700,000 U.S. military veterans at any one time, all the time. The fund also supplies American Legion Temporary Financial Assistance cash grants for military and veteran families with minor children at home, who have encountered hardships beyond their control and need short-term help covering the costs of shelter, food, utilities, clothing or other necessities.



**THE AMERICAN LEGION
VETERANS & CHILDREN FOUNDATION**

www.legion.org/donateVCF



STILL SERVING AMERICA

YOUR AMERICAN LEGION AT WORK

“This is an excellent opportunity to perform Buddy Checks. Check in with older veterans in your communities to make sure they have the supplies they need, are feeling healthy, and help them acquire the resources they need.”

American Legion National Commander Bill Oxford, in a message distributed on March 13. By March 16, the American Legion national website had stood up **legion.org/coronavirus**, with the latest news, cancellations and tips.



SERVING VETERANS



1,126

VA hearing presentations prepared by American Legion staff experts in February on behalf of veterans filing disability claims

\$54,516

Amount presented by the American Legion Department of Kansas' District 2 after a February Hold 'Em card tournament to support the Veterans Community Project of Kansas City. The program, which builds tiny homes and provides other resources for veterans in severe need, has received \$103,000 in aid from the district over the previous 36 months.

67

Percentage of respondents in a 2019 American Legion Online Mental Health Survey who reported willingness to get formal suicide-prevention training to reduce the rate of self-inflicted deaths among veterans

SERVING YOUTH

\$226,441

Amount in American Legion Child Welfare Foundation grants disbursed in February to seven different organizations that provide support and services for young people facing difficulties beyond their control



\$32,399

Amount in American Legion youth scholarships disbursed in February

17

Minor children of eight veteran families who received help in February via \$10,711 in American Legion Temporary Financial Assistance grants to help pay for shelter, utilities, food and clothing during financial hardships

HONORING THE FALLEN

6,772

Minimum number of Memorial Day ceremonies or events conducted worldwide by American Legion posts in 2019

Source: 2019 Consolidated Post Report

4,508

Minimum number of American Legion posts with active color guards or firing squads to perform at funerals for veterans and military personnel

Source: 2019 Consolidated Post Report



123,638

Minimum number of funeral honors performed by American Legion posts in 2019

Source: 2019 Consolidated Post Report



FROM NATIONAL TO YOU

IN HONOR AND REMEMBRANCE



Photo by T.J. Kirkpatrick

To preserve the memories and incidents ...

No vow is more sacred to The American Legion than the words in the fourth line of its constitution's preamble. Every value the organization upholds, and every service it performs, can be understood as a tribute to those who did not come home from U.S. military service.

Across the country and around the world, from a tiny cemetery along a dusty Oklahoma road to the manicured turf cradling the graves of World War II heroes at Lorraine American Cemetery near the France-Germany border, honor and remembrance reside in the heart and soul of The American Legion, especially in the month of May, the month of Memorial Day, when wartime veterans pause to remember the men and women no longer among us.

... of our associations in all wars.

American Legion National Headquarters works throughout the year to ensure that members, posts, districts and departments have tools available to fulfill their responsibilities to the memories of those who served and are no longer among us.

Memorial Day materials The American Legion Media & Communications Division provides speeches and other resources to help posts with local ceremonies. legion.org/publications

Chaplain's Handbook The American Legion Americanism Division's Chaplain's Handbook offers guidance for officiating Memorial Day remembrance ceremonies and activities.

legion.org/publications



Officer's Guide The American Legion Internal Affairs Division Officers Guide contains guidance to conduct Memorial Day services.

legion.org/publications

"We honor the memory of those who gave their lives in the service of our country, and of those others who have dropped their burdens by the wayside of life, and are gone to their eternal rest."

Excerpt from the post commander's message for use in American Legion Memorial Day ceremonies

Memorial database The American Legion collects and publishes photos and descriptions of military and veteran memorial monuments around the world, with nearly 2,800 entries from 64 states and countries.

legion.org/memorials

Products of honor American Legion Emblem Sales stocks a diverse inventory of products to help members and posts conduct ceremonies and honor the fallen, including flags to be placed in cemeteries, uniforms for color and honor guards, parade gloves, all-weather memorial wreaths, flag display cases and multiple red-poppy items.

legion.org/emblemsales



What to Do Before a Veteran Dies The American Legion Veterans Affairs & Rehabilitation Division produces a regularly updated brochure that provides planning guidance for families prior to the death of a veteran loved one. Information covers burial benefits, flags, presidential memorial certificates, headstones and markers, honors at services and national cemetery eligibility.

legion.org/publications

MIKE MONSERUD

Mike Monserud is one of the first people to hold memberships in all four American Legion Family organizations. Most recently, he joined the ranks of the American Legion Auxiliary, where he's grateful to honor the service of his wife, Jennifer.

"What The American Legion means to me is family," says Monserud, the Iowa detachment commander for Sons of The American Legion. "There are veterans who need assistance but may not know where to turn. The American Legion fills that void. We help these veterans get the benefits they need."

A Navy veteran who served aboard USS *Normandy*, Monserud joined the Sons to recognize the service of his grandfathers, one of whom was in the third wave at Omaha Beach on D-Day. "It's a way for me to carry on the legacy."

He sees the work of The American Legion as generational, serving veterans and current servicemembers alike.

"My time in uniform is over. But there is a whole other aspect to it: VA health care, fighting for the guys and women who are still in uniform. Our job as the American Legion Family is to support them and the ones who wore the uniform. It is our job to make sure the ones who went before us are taken care of. It is our job to make sure the ones coming behind us are taken care of."

— Henry Howard

BRANCH OF SERVICE Navy (1996-2004)

MILITARY JOB Gunner's mate second class

AMERICAN LEGION POST American Legion Post 37, Ames, Iowa

YEARS IN THE LEGION 7

AMERICAN LEGION ACTIVITIES

- Post second vice commander (2019-present)
- Post executive board member (2017-2018)
- Post sergeant-at-arms (2018-2019)
- County sergeant-at-arms (2019-present)
- District National Affairs chairman (2018-present)

"When the American Legion Family is strong, our voice is strong and we can better advocate for veterans' rights."

Watch an interview with Mike Monserud online: legion.org/magazine

See an archive of past interviews: legion.org/iamlegion

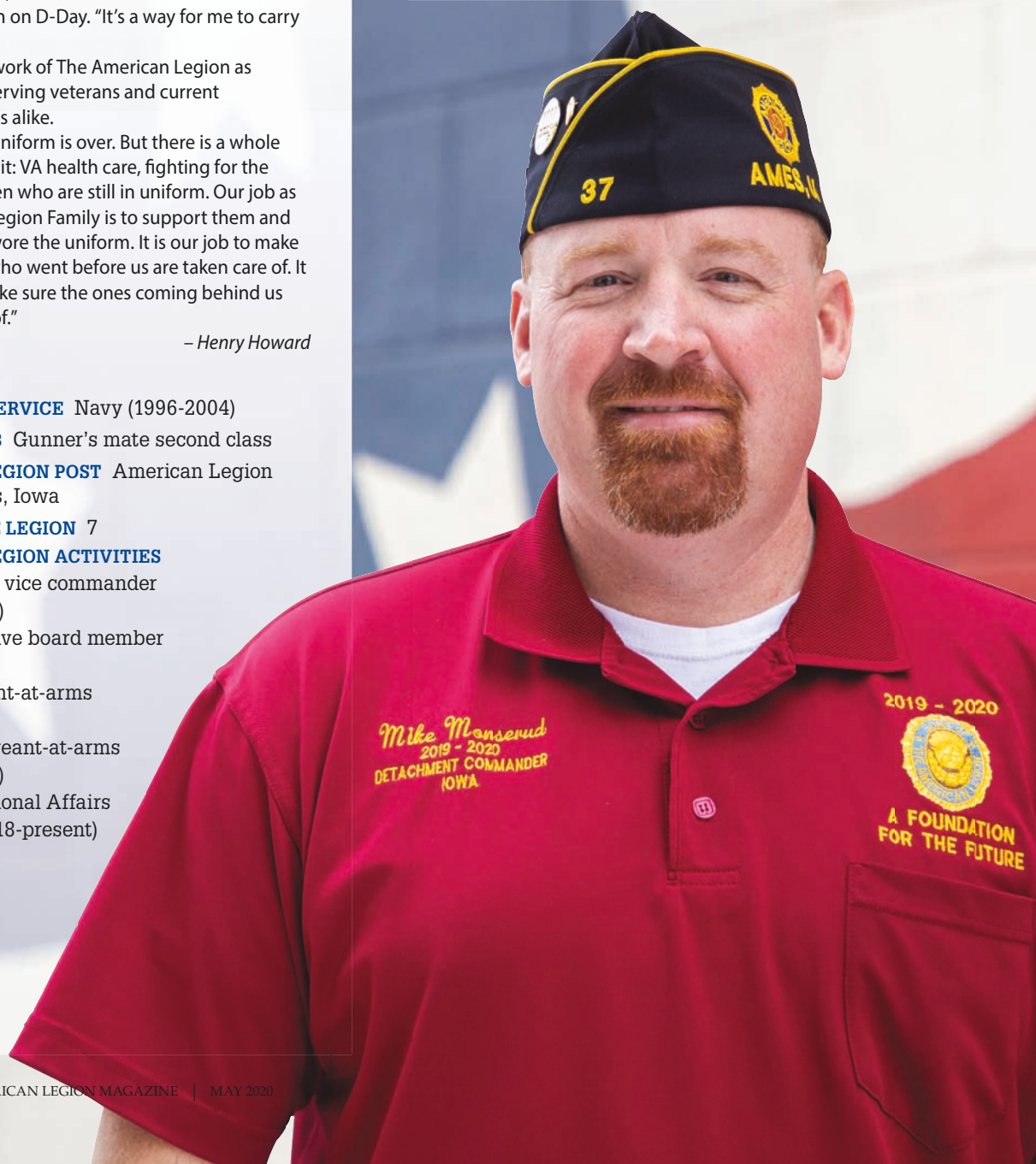


Photo by Emily Blobaum

A Proud Expression of What You Stand For



FINELY ETCHED ON THE REVERSE SIDE

GENUINE DIAMOND

**SOLID STAINLESS STEEL
ION-PLATED WITH
18K GOLD**

**DISTINCTIVE BACKGROUND
SHOWCASES THE
U.S. FLAG AND A
CAMOUFLAGE PATTERN**



My Country, My Faith Men's Dog Tag

AN EXCLUSIVE DESIGN WITH A MEANINGFUL MESSAGE OF PATRIOTISM AND FAITH

God bless America! The U.S. flag is a strong symbol of American identity and national pride, and for centuries, camouflage has been used as a symbol of protection. The cross is a source of strength, reminding us of God's sacrifice and His presence in our lives. Now, these celebrated symbols come together in a powerful new jewelry creation available only from The Bradford Exchange—the "My Country, My Faith" Men's Dog Tag.

Hand-crafted of durable solid stainless steel, the dog tag-style pendant features a distinctive background that boldly showcases the U.S. flag before a camouflage pattern. A fully dimensional cross in raised relief stands out in rich ion-plated 18K gold, and is hand-set with a genuine diamond at the center. The reverse side of the dog tag is

finely etched with the sentiment, "ALWAYS KNEEL FOR THE CROSS AND STAND FOR THE FLAG." A 24" stainless steel chain completes the look.

SUPERIOR CRAFTSMANSHIP... EXCEPTIONAL VALUE

A unique way to show your faith and American pride, this exclusively designed dog tag is a remarkable value at \$89.99*, payable in 3 convenient installments of just \$30.00 and backed by our unconditional 120-day guarantee. Each hand-crafted dog tag arrives in a velvet jewelry pouch and gift box along with a Certificate of Authenticity. To reserve yours, send no money now; just mail the Priority Reservation. This limited-time offer is only available from The Bradford Exchange, so order today!

A Custom Jewelry Exclusive from The Bradford Exchange

Order Today at bradfordexchange.com/27719

©2020 The Bradford Exchange 01-27719-001-BIPR

LIMITED-TIME OFFER

Reservations will be accepted on a **first-come, first-served basis**. Respond as soon as possible to reserve your "My Country, My Faith" Men's Dog Tag.

*Plus a total of \$9.98 shipping and service (see bradfordexchange.com). Please allow 4-6 weeks after initial payment for shipment of your jewelry. Sales subject to product availability and order acceptance.

PRIORITY RESERVATION SEND NO MONEY NOW



9345 Milwaukee Avenue
Niles, IL 60714-1393

YES. Please reserve the "My Country, My Faith" Men's Dog Tag for me as described in this announcement.

Signature

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

E-Mail (Optional)

01-27719-001-E94901

Proposed fiscal 2021 budget



SUPPORT

Rep. Tim Burchett, R-Tenn.

■ Burchett is a member of the House Budget Committee.

I'm a fiscal hawk. Our federal government spends too much money in irresponsible ways, and I ran for Congress in 2018 to help set our country's financial priorities straight. Taxpayer dollars need to be spent effectively on national interests rather than at the whims of politicians.

Fortunately, Washington bureaucrats are on notice for their abuse of taxpayer dollars on things like fancy seafood dinners and personal golf carts. President Trump's 2021 budget request sends a clear message that this abuse will no longer be tolerated, eliminating the government's ability to frivolously spend at the end of the year.

Instead of upholding business-as-usual government waste, President Trump's proposed budget spends leftover taxpayer dollars on truly important initiatives, such as strengthening our military and investing in our veterans. On top of repurposing extra funds, the president has asked for \$105 billion in funding for the Department of Veterans Affairs (VA) and \$705.4 billion for the Department of Defense (DoD). Both are increases from their 2020 enacted funding levels.

Both DoD and VA deserve strong funding. Our military needs the resources and readiness to respond to serious threats, and those who wear our nation's uniform deserve the best care and support after they answer the call of duty. I may be a fiscal hawk, but keeping Americans safe through the best military in the world, and then taking care of those who put their lives on the line to do it, is worth every penny spent.



OPPOSE

Rep. John Yarmuth, D-Ky.

■ Yarmuth is chairman of the House Budget Committee.

As members of Congress, one of our most sacred responsibilities is to ensure that our veterans are able to build successful futures when they return to civilian life. That starts by fully funding services and benefits provided by VA, but it doesn't stop there. Unfortunately, President Trump's budget does.

While 9 million veterans are enrolled in VA, more than 9 million also rely on Medicare. Yet the president's proposed budget cuts Medicare funding by a half-trillion dollars. Nearly

2 million veterans rely on Medicaid for health care. The president would cut that program by \$900 billion. Hundreds of thousands of wounded warriors receive Social Security disability benefits, but the president would cut Social Security by at least \$24 billion. Nearly 1.3 million veterans live in households that receive federal nutrition assistance to make sure they can feed their families, yet the president would cut that program by \$182 billion.

All told, President Trump is proposing more than \$1.6 trillion in cuts to programs relied on by millions of veterans. While the budget may create a show of preserving veterans benefits, the reality would cause real harm to millions.

The cuts are bad, and the backward priorities they expose – putting tax cuts for the very wealthy above the well-being of veterans – are disgraceful. Our servicemembers bravely support us when we need them, and we must support them when they need us. President Trump's budget fails that test.

THE HEART OF THE ISSUE

Supporters say President Trump's fiscal year 2021 budget proposal will keep America safe and strong. Critics say it cuts social safety net programs, including food stamps, Medicaid, Medicare, and Social Security disability benefits.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

Create Your Own Outdoor Room...In Just Seconds!



Motorized & Manual Awnings Available!

Introducing The Revolutionary SunSetter Retractable Awning!

If you're tired of having your outdoor enjoyment rained on...baked out... or just plain ruined by unpredictable weather...

At last there is a solution! One that lets you take control of the weather on your deck or patio, while saving on energy bills! It's the incredible SunSetter Retractable Awning! A simple...easy-to-use...& *affordable* way to outsmart the weather and start enjoying your deck or patio more...*rain or shine!*

The SunSetter is like adding a whole extra *outdoor room* to your home... giving you instant protection from glaring sun...or light showers! Plus it's incredibly easy to use...opening & closing effortlessly in *less than 60 seconds!*

**LOW
Factory
Direct
Prices!**

**FREE!
Info Kit
& DVD**

So, stop struggling with the weather...
& start enjoying your deck or patio more!

For a **FREE Info Kit & DVD** email your
name & address to freedvd@sunsetter.com

**Opens at the Touch
of a Button!**



Protects you from 99% of UV rays



*You choose full sun or total
protection in just seconds!*

FREE Info Kit & DVD
Call Toll-Free: 1-800-876-8060

Ext.
36323

☒ **Yes!** Please send your **FREE Info Kit & DVD**...including a
\$200 Savings Certificate...**TODAY!**

Name _____
Address _____
City _____ State _____ Zip _____
Email _____

(Important: Be sure to give us your email address to receive our best deals!)

184 Charles Street, Dept. 36323, Malden, MA 02148
Visit us today at www.sunsetter.com



\$200 Savings Certificate Included!

SunSetter
RETRACTABLE AWNINGS

©2020 SunSetter® Products



Media Bakery

HEART HEALTH

With summer activities on the horizon, WebMD offers some tips on how to keep your heart healthy.

▪ **Try to get seven hours of sleep each night.** “In one study, young and middle-aged adults who slept seven hours a night had less calcium in their arteries (an early sign of heart disease) than those who slept five hours or less, or nine hours or more.”

▪ **Watch your blood pressure.** High blood pressure can damage artery walls and create scar tissue, making it difficult for blood and oxygen to get to and from your heart. “Get your blood pressure checked every three to five years if you’re 18 to 39. If you’re 40 or older, or if you have high blood pressure, check it every year.” If it is high, cut back on salt and alcohol, and try more fruits, vegetables, whole grains and lean protein.

▪ **Cut back on saturated fats and trans fats.** These are usually found in meats, dairy products and processed foods.

▪ **Check for diabetes.** High blood sugar damages arteries and makes heart disease more likely. Ask your doctor to test your blood sugar if you are 45 or older, if you are pregnant, or if you’re overweight and have other risk factors for diabetes.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

Exercise, diet and rest make a difference.

▪ **Exercise more.** Try for 30 minutes a day, five days a week of moderate exercise – whatever gets you moving. “Break up long periods of sitting, and stand or walk while doing things like talking on the phone or watching TV.”

▪ **Eat and drink better.** The heart works best when it runs on clean fuel, like whole, plant-based foods (fruits, vegetables, nuts and seeds) and fewer refined or processed foods (white bread, pasta, crackers and cookies). Cut out sugary beverages like soda and fruit juice, which lack the fiber that’s in actual fruit.

▪ **Watch your weight.** For many Americans, “emotional eating is where they find comfort and stress relief, and how they celebrate ... If it’s hard to change those patterns, it can help to talk with a counselor to find other ways to handle those situations.”

▪ **Quit smoking.** Smoking and secondhand smoke are bad for your heart, and while e-cigarettes are popular, they still contain nicotine.

▪ **Maximize de-stressors.** Use what works for you: exercise, yoga, meditation/prayer. “Make it a point, too, to spend time with people you’re close to. Talk, laugh, confide and enjoy each other. It’s good for your emotional health and your heart.”

▪ **Ask for help.** Ask friends and family to support you in your efforts to watch your heart’s health – and theirs.

– Alan W. Dowd



The simplest smartphone ever.

The Jitterbug® Smart2 from GreatCall® is the simplest smartphone with a simple menu, large screen and exclusive health and safety services.

EASY Everything you want to do, from texting and taking pictures, to emailing and getting directions, is organized in a single list on one screen with large, legible letters. Plus, Voice Typing makes writing emails and texts effortless.

Plans with data as low as
\$17⁴⁸
month*

SMART Turn your Jitterbug Smart2 into a personal safety device with GreatCall's 5Star® Urgent Response Service and exclusive health apps.

AFFORDABLE GreatCall has a variety of plans with data starting as low as \$17⁴⁸ per month. Compared to other cell phone companies, you could save over \$300 per year. **Plus, get more minutes with our great new rate plans!**

Powered by the nation's largest and most dependable wireless network.



NO LONG-TERM CONTRACTS

No cancellation fees

Buy now and get a FREE Car Charger, a \$25 value!

Available at:



Why the Jitterbug Smart2 is your best choice for a new smartphone:

No long-term contracts

Keep your current phone number

Free U.S.-based customer service and technical support

No hidden monthly fees

Affordable, flexible plans

To order or learn more, call
1-800-650-5571

or visit us at
greatcall.com/Smart

 **greatcall.**



*Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of \$35. \$300 savings calculation based on market leaders' lowest available monthly published fees. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. 5Star is only available with the purchase of a Health & Safety Package. Car charger will be mailed to customer after the device is activated. GREATCALL, 5STAR, and JITTERBUG are trademarks of Best Buy and its affiliated companies. © 2020 Best Buy. All rights reserved.

Got (skim) milk?

A new study by Brigham Young University (BYU) researchers finds that people who drink low-fat milk experience less biological aging than those who drink 2 percent and whole milk.

Researchers investigated the relationship between telomere length and milk intake for 5,834 U.S. adults. Telomeres are the nucleotide endcaps of human chromosomes, and are correlated with age; every time a cell replicates, humans lose a tiny bit of the endcaps. The older people get, the shorter their telomeres.

According to the study, the same goes for high-fat milk consumption. Published in *Oxidative Medicine and Cellular Longevity*, it shows that for every 1 percent increase in milk fat consumed (drinking 2 percent vs. 1 percent milk), telomeres were 69 base pairs shorter in the adults studied, which translates into more than four years in additional biological aging.

Moreover, adults who consumed whole milk had telomeres that were a striking 145 base pairs shorter than non-fat milk drinkers.

"It's not a bad thing to drink milk," says Larry Tucker, an exercise science professor who led the study. "You should just be more aware of what type of milk you are drinking."

Tucker believes the findings of his study support the current Dietary Guidelines for Americans, which encourage adults to consume low-fat milk, both nonfat and 1 percent milk.



Media Bakery



StockSnap

Thumb therapy

Given that the average American spends about 23 hours a week texting, and the average gamer spends nearly 6.5 hours a week playing video games, Rush University Medical Center offers some helpful tips for keeping our underappreciated – and increasingly overused – thumbs healthy and in shape.

First, be aware of the warning signs and dangers of overuse. A condition called "trigger thumb," which is the constriction of a flexor tendon in the thumb, may result from the sort of repetitive gripping motions used in texting and holding a smartphone. Symptoms include painful popping or snapping when the thumb bends and straightens. The thumb might even lock in a curled position.

Another condition known as "thumb arthritis" or "texting thumb" can develop due to overuse. This afflicts the carpometacarpal joint, where the thumb and wrist adjoin.

The good news is that both conditions can be treated. While texting thumb cannot be cured, "a combination of rest and treatment can help most patients alleviate their pain and restore some of their ability to move."

As for trigger thumb, cortisone injections have been shown to eliminate pain and restore full mobility 80 to 85 percent of the time. Surgery is an option in more severe cases.

Those experiencing thumb pain or stiffness should change how they use their smartphones. "For example, hold your phone with the hand you use less frequently or type messages with your index finger to give your thumbs a rest."

Other prevention tips include using the voice feature on your phone to send messages, making phone calls instead of sending text messages, putting the phone away during meals, and flexing your hands and fingers throughout the day to keep your tendons nimble.

Read more online at rush.edu/health-wellness/discover-health/when-technology-hurts.



Media Bakery

Run to a healthier you

Any amount of running, even at a slow pace, could be beneficial for health and help lower one's risk of death, AFP reports, citing a new study published in the *British Journal of Sports Medicine*.

The study tracked the health of 232,149 people over several years – some as few as five years and others up to 35. Researchers analyzed the data to investigate the association between running/jogging and the risk of death from all causes, cardiovascular disease and cancer. Their findings reveal that any amount of running appeared to lower the risk of death from all causes for men and women alike by 27 percent, compared with no running at all. Plus, running was associated with a 30 percent lower risk of death from cardiovascular disease and a 23 percent lower risk of death from cancer.

NORTH AMERICA'S

#1 Selling Walk-In Tub

Featuring our *New Exclusive Shower Package*

**Special Offer
FOR VETERANS!**

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing. Introducing Safe Step Walk-In Tub's exclusive **NEW Shower Package!**

- ✓ First and only walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ Durable frameless tempered glass enclosure available
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!



Call today and receive
exclusive savings of
\$1500 OFF

**PLUS A FREE
SHOWER PACKAGE!**

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-296-0691

**SAFE STEP
WALK-IN TUB**
www.BuySafeStep.com

With purchase of a new Safe Step Walk-In Tub.
Not applicable with any previous walk-in tub purchase.
Offer available while supplies last. No cash value.
Must present offer at time of purchase.

Call Today for Your Free Shower Package

1-800-296-0691

**FINANCING
AVAILABLE
WITH APPROVED
CREDIT**





5 PLACES TO VISIT IN THE NATION'S CAPITAL

BY LYN METTLER

If you haven't been to Washington, D.C., in a while (or ever), this might be the year to check it out. In addition to the 2020 presidential election, the city has new memorials and museums opening, has become a foodie hotspot, and is always a great place to take the children or grandchildren to learn about America's history. Here are five new things worth a look in our nation's capital this year:

Dwight D. Eisenhower Memorial Learn more about the legendary general and 34th president of the United States at this new memorial, which will be dedicated later this year. Designed by architect Frank Gehry, it features a stainless steel tapestry of Pointe du Hoc and the Normandy coastline, a bas relief of the D-Day beach landings, and large bronze sculptures of Eisenhower and paratroopers on the eve of battle. The memorial is across from the Smithsonian National Air and Space Museum at the bottom of Capitol Hill.

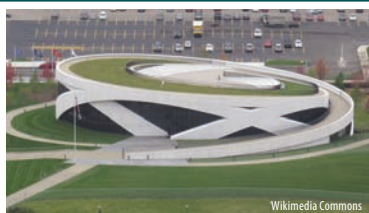
National Native American Veterans Memorial Honoring American Indian, Alaska Native and Native Hawaiian veterans, the National Native American Veterans Memorial will open in November near the Smithsonian National Museum of the American Indian on the National Mall. At the memorial's center is a ring of stainless steel resting on a carved stone resembling a stone drum. It also has benches, a central fire, and four lances on which visitors can tie cloths for prayer and healing.

Fantastic Dining Washington, D.C., has become a foodie scene, boasting numerous Michelin-starred restaurants. Bloomberg calls it the nation's "most exciting food city," and travel guide publisher Lonely Planet cited D.C. restaurants as one reason it named Washington as its No. 2 top city in the world to visit in 2020. Destination D.C., the city's tourism bureau, recommends the fried chicken at Maketto, the onion soup gratinée at Le Diplomate and the Proper Burger at Duke's Grocery.

Planet Word Scheduled to open this year, Planet Word is a museum dedicated entirely to language. See a 20-foot wall filled with 1,000 English words activated by voice, learn about the power of poetry, and explore languages from all around the world with an introduction to 31 languages by native speakers. You'll find Planet Word at the corner of 13th and K streets, in the historic former Franklin School where Alexander Graham Bell transmitted his "photophone" message.

RiverPoint For some leisure time in the district, check out the city's new RiverPoint development. Located between the Capitol Riverfront and The Wharf, the area will feature many restaurants, a food hall, shopping, piers, waterfront activities and apartments.

Lyn Mettler is a freelance travel writer who blogs at gototravelgal.com.



The **National Veterans Memorial and Museum** in Columbus, Ohio, will host two new temporary exhibits beginning in May, one of which features 50 watercolor portraits of veterans, as well as a three-quarter replica of the Vietnam Veterans Memorial Wall in Washington, D.C.

Due to the COVID-19 public health emergency, President Trump has extended the Oct. 1 deadline for **REAL ID** state-issued driver's licenses. These, or a U.S. passport or military ID, will eventually be required to get through U.S. airport security. Visit realidfacts.com to see if your ID is compliant.

**“To you, it’s the perfect lift chair.
To me, it’s the best sleep chair I’ve ever had.”**

— J. Fitzgerald, VA



You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll

love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of stain and water repellent custom-manufactured Duralux with the classic leather look or plush microfiber in a variety of colors to fit any decor. **Call now!**

The Perfect Sleep Chair®

1-888-806-6502

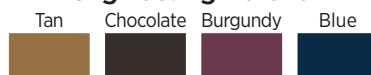
Please mention code 112565 when ordering.



REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION



Long Lasting DuraLux



DuraLux II Microfiber



Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective.

© 2020 firstSTREET for Boomers and Beyond, Inc.



In 2014, American Legion Auxiliary members led hundreds in an impromptu “flash mob” singing of “It’s a Grand Old Flag” on the steps of the Lincoln Memorial to honor the U.S. Armed Forces. A video got nearly 40,000 views within hours of its posting on YouTube. Photo courtesy American Legion Auxiliary

Side by side, for a century

American Legion Auxiliary carves a 100-year path of shared values.

BY NICOLE CLAPP

As the American Legion Auxiliary (ALA) continues celebrating a century of service during this administrative year, we reflect fondly on the ALA’s bond with The American Legion. Even with different organization names, leadership and protocols, the ALA and the Legion have strengthened our close ties and joint identify as a “Legion Family,” along with Sons of The American Legion and the Legion Riders.

The ALA is a community of volunteers serving veterans, military and their families. For more than 100 years, Auxiliary members have

made a positive difference in the lives of those we proudly serve and honor.

Through it all, Auxiliary members have been steadfast in our support for The American Legion and its actions taken for – and on behalf of – veterans, servicemembers and their families. It goes both ways. The Legion has stood by the Auxiliary and has expressed value in the ways our member and non-member volunteers contribute to the Legion Family’s shared noble cause. This dates back to the early days of the ALA and the Legion, as illustrated by the insightful words penned by



The American Legion Auxiliary through the decades

1919 – The American Legion, at its first national convention, authorizes the establishment of a women’s auxiliary.

1920 – In its first year, the American Legion Auxiliary goes from zero units to 1,342 worldwide, with a membership exceeding 121,000.

1921 – Kansas City is home for the first American Legion Auxiliary National Convention; the red poppy is adopted as the organization’s official flower, a symbol that would help veterans and remember the fallen for a century and counting.



Ten candidates were nominated to serve as the first American Legion Auxiliary national president. After two ballots, Edith Hobart of Ohio was elected.



1921 – Dr. Helen Hughes Hielscher

Chairman of the American Legion Auxiliary’s 1st National Convention

One of the first female surgeons in Minnesota, Hughes Hielscher had a hand in propelling the ALA forward during the organization’s early days. Though she did not hold a national office, she was elected chairman of the ALA’s first national convention in 1921 – before it had a national president. Later, she helped develop the ALA’s hospitalization and rehabilitation component.



American Legion National Commander James A. Drain (1924-1925) in *The American Legion Weekly's* Aug. 21, 1925, edition:

“The force to achieve the Legion’s aims receives added intensity when the strength of the (American) Legion Auxiliary is pushing on it. The Legion needs the Auxiliary ...

“The bachelor (Legion) post, the one which does not have an Auxiliary unit, is not making the most of its opportunities. To bachelor posts, I say: ‘Get an Auxiliary unit as quickly as you can, and watch yourselves go forward.’”

Drain was exactly right. The way forward for the Legion and Auxiliary is the path on which both organizations walk side by side, working toward our shared mission together. For example, Legionnaires, Auxiliary members, Sons and Riders can team up on local recruitment efforts. Posts, units, squadrons and chapters can launch joint efforts to tell our Legion Family stories to the world, and we can work together on mission-based outreach. Currently, there are 4,600 posts without units across the country. There are many creative ways we can pool our resources to achieve our common goal.

Here’s to many more years of The American Legion, the Auxiliary, the Sons and the Riders making huge impacts in the lives of those we proudly serve ... and doing so by working together, like the American Legion Family we are!

Nicole Clapp is national president of the American Legion Auxiliary.



A new century, a new home

The American Legion Auxiliary launched its second century from a new national headquarters home. After years in rented or shared spaces, the ALA in 2018 moved into a building it owns, at 3450 Founders Road in Indianapolis.

In addition to staff offices and meeting rooms, the building includes the national Cavalcade of Memories Museum and a rotunda mural of images that connect the ALA's past with its present-day identity. Tours are available between 8 a.m. and 4:30 p.m., weekdays.

Previous ALA National Headquarters locations

1922-1925: Chalfant Apartments in downtown Indianapolis; prior to that, starting in 1919, the ALA operated from a shared space in the Meridian Life Building in Indianapolis

1925: Indiana War Memorial Plaza in downtown Indianapolis, shared for many years with American Legion National Headquarters and the Department of Indiana ALA and American Legion

1956: ALA National Headquarters establishes its Washington, D.C., office while maintaining its main location in Indianapolis

2008: ALA National Headquarters relocates for a decade to commercial rental space at 8945 N. Meridian Street in Indianapolis



In the 1970s, Auxiliary members continue the Christmas gift shop at the Brooklyn, N.Y., VA medical center.

1928 – American Legion Auxiliary Christmas gift shops are established in veterans hospitals nationwide to provide patients and residents with presents they can send to their families.

1930 – The American Legion Auxiliary celebrates its 10th year with a commitment to promote community construction projects to employ jobless veterans.

1931 – The American Legion Auxiliary National Poppy Committee reports that 11,272,189 poppies have been made in one year by disabled veterans and distributed by Auxiliary volunteers.

1935 – “The American Legion Auxiliary on the Air” is a nationally broadcast radio program.



1947 ALA Cornhusker Girls State participants in Nebraska edit their newspaper, Shucks.

1937 – The American Legion Auxiliary’s Girls State program is established.

1941 – Following the Pearl Harbor attack, the American Legion Auxiliary donates six mobile blood units to the Red Cross and creates the Emergency Voluntary Committee to support the war effort.

1942 – The American Legion Auxiliary's National Defense Committee focuses on recruiting Army and Navy nurses, establishes scholarships and sponsors 1,000 student nurses to fulfill the growing wartime need.

1947 – The Auxiliary's Community Service Committee proposes youth recreation centers to improve the growing problem of juvenile delinquency. Also that year, the American Legion Auxiliary sponsors its first ALA Girls Nation session in Washington, D.C.



1949 – The American Legion and American Legion Auxiliary's "Tide of Toys" program collects and ships more than 3 million toys to children in World War II-ravaged European towns and villages.

1952 – The American Legion Auxiliary reports production of more than 26 million poppies that year by 9,693 disabled veterans, earning \$366,284, plus additional contributions of nearly \$2 million, for disabled veterans and their children.



1973 – American Legion Auxiliary CATs (Community Action Teams) spend \$1 million and put in 2.25 million hours donating blood, supplying playground equipment and buying wheelchairs and crutches for disabled veterans.



Miriam Junge

American Legion Auxiliary past national secretary (1978 through 1993), honorary past national president (2009)

In addition to serving as the Auxiliary's national secretary, Junge is the first and only person to hold the title of Honorary Past National President of the American Legion Auxiliary. Junge was bestowed the position in 2009, given her exceptional level of commitment and dynamic leadership in the Auxiliary.

1993 – More than 1 million pounds of food are collected and donated by the American Legion Auxiliary to assist homeless veterans across the nation.

1994 – American Legion Auxiliary units in 17 communities nationwide launch Teen Court, which offers an alternative to the formal juvenile justice system.



2001 – The American Legion Auxiliary becomes the hosting sponsor of VA's Creative Arts Festival.

2004 – The American Legion Auxiliary joins The American Legion and about 130,000 others for the Memorial Day dedication of the National World War II Memorial in Washington, D.C., a project aided by more than \$4.4 million in contributions from the American Legion Family.

2005 – The American Legion Auxiliary Emergency Fund disburses nearly \$735,000 in disaster-relief grants, primarily needed after historic hurricanes and floods devastate the Gulf Coast.

2010 – The American Legion Auxiliary caps the first decade of the 21st century by volunteering nearly 196,000 hours and donating \$3.5 million at VA health-care facilities.



American Legion National Commander Denise Rohan (2017-2018)

An Army veteran and American Legion Auxiliary member, Rohan became the Legion's first female national commander in August 2017. She is a Paid Up For Life member of the Legion and the Auxiliary.

2019 – The American Legion Auxiliary Constitution and Bylaws are changed to welcome spouses, male or female, of American Legion-eligible veterans as members of the organization.

HONOR YOUR SERVICE TO COUNTRY WITH VETERANS COMMEMORATIVES™ MOST VERSATILE

CONCEALED CARRY SOFT SHELL VEST

WITH DUAL INTERIOR LOOP PANELS – AND OPTIONAL HOLSTERS

FREE SERVICE BRANCH PATCH OF YOUR CHOICE!

We'll send you an officially licensed Service Branch Patch* which you may choose to affix to your vest. (As shown at right.)

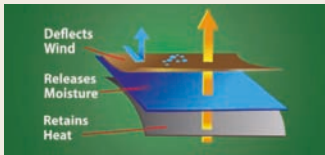


Two Front Slash Zippered Chest Pockets

Front Zipper Closure

Two Side Slash Zippered Pockets

This is likely the most comfortable vest you'll ever wear: Its 3-layer construction is durable, with a lightweight polyester shell for maximum comfort – plus the waterproof, wind resistant, heat retaining features you want.



Concealed Carry feature has two (Right/Left) interior loop panels to secure your holsters: Our optional holster is available for just \$14.95 each. (Shown above right.)

NOTE: IF YOU DON'T CARRY A FIREARM YOU'LL STILL LOVE THIS GREAT VEST! USE THE POCKETS FOR EXTRA STORAGE AND TO PROTECT/CONCEAL YOUR VALUABLES.

"Thank you" priced starting at just \$99*. See order form for details.

Mandarin Collar



OPTIONAL HOOK & LOOP HOLSTER
JUST \$14.95 EACH!

6" x 2" hook back attaches to loop surface on your vest. Adjustable hook & loop design fits most handguns, elastic bungee cord to secure gun.

4 Inside Mag Pouches w/ Flap and Hook & Loop Closure

Right & Left Interior 6"x11" Loop Panel for Attaching Optional Concealed Carry Holsters

Four exterior zippered pockets (two side slash and two front slash) for convenient and secure storage complete the vest.

Color choice of Black or Coyote Brown, in sizes from Small to 3XL.

Your satisfaction is guaranteed or you may return your vest within 30 days for replacement or refund. So, order today!

WAR VETERAN AND FLAG PATCHES MAY BE PURCHASED FOR JUST \$10 EACH! OTHER PATCHES AVAILABLE - CALL US!



TO ORDER: CALL 1-800-255-3048 OR SHOP ONLINE AT WWW.VETCOM.COM

OR, MAIL TO: Veterans Commemoratives Order Center • P.O. Box 572, Valley Forge, PA 19481-0572 ★ Proudly Serving Veterans Since 1987 ★

☐ **YES.** I wish to order my CONCEALED CARRY VEST for the "Thank You" price of just \$99.00 as follows. (And, please send me a FREE SERVICE BRANCH PATCH*)

COLOR: ☐ Black ☐ Coyote Brown

SIZE: ☐ S (34-36) ☐ M (38-40) ☐ LG (42-44) ☐ XL (46-48) ☐ 2XL† (50-52) ☐ 3XL† (54-56)

FREE PATCH: ☐ Army ☐ Navy ☐ Air Force ☐ Marine Corps ☐ Coast Guard (not shown)

CONCEALED CARRY VEST (WITH FREE PATCH*): \$ 99.00

☐ Holster(s) (add \$14.95 ea.) \$

☐ War Veteran & Flag Patches (add \$10 each) check choice(s) below: \$

☐ Korea ☐ Cold War ☐ Vietnam ☐ Desert Storm ☐ Afghanistan ☐ Iraq ☐ U.S. Flag

☐ †Sizes 2XL to 3XL (add \$10) \$

Plus Shipping & Handling \$ 19.95

TOTAL DUE: \$

I PREFER TO PAY AS FOLLOWS:

- ☐ Enclosed is my check for the Total Due
☐ Charge my credit card for the Total Due
☐ Charge my credit card in two equal monthly payments

CREDIT CARD: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Card #: _____ Exp: ____/____

Card Security Code: _____ Signature: _____

SHIPPING ADDRESS: (We CANNOT ship to P.O. Boxes) Allow 2-3 weeks for delivery.

Name _____

Address _____

City _____ State _____ Zip _____

Phone # (_____) _____

Email _____

In case we have questions about your order

*Service Branch Patches are purchased from Officially Licensed suppliers. ©2020, ICM Imported and Customized in Pennsylvania.

R86500-ALM-0520

"If poverty breeds war, then the Auxiliary is attacking one of war's causes at its source."

Miriam Junge, longtime American Legion Auxiliary national secretary, writing in 1983 about the organization's efforts to help impoverished nations

CARE, Inc., and the Auxiliary's global outreach changed lives abroad

The American Legion Auxiliary has raised millions of dollars and logged even more hours to support disabled and homeless veterans over the past century. The Auxiliary has advanced the ideals of Americanism through ALA Girls State/Girls Nation, flag advocacy and many other activities. The organization has been a leading contributor to The American Legion's Child Welfare Foundation since its inception. But Americanism, youth and veterans are not the only pillars of service advanced by the nation's largest organization of patriotic family members. So, too, is national security.

Before World War II, the American Legion Auxiliary transformed its role in the 1939-dissolved FIDAC (Fédération Interalliée Des Anciens Combattants) – American Legion-supported allied veterans and families who worked on the global stage to prevent another war – to help modernize and strengthen struggling nations in Latin America. The National Pan American Study Committee was established with a mission "to foster hemispheric solidarity."

The Auxiliary's Pan American Friendship Project later annually promoted the study of one particular Latin American nation's people, history, customs, art, music and culture. It included an essay contest, but it led to much more on the Auxiliary's national security and



National President Mary Koger oversees CARE, Inc., projects during her term.

American Legion Auxiliary photo

foreign relations front: life-changing improvements.

In 1956, CARE (Cooperative for American Relief Everywhere), Inc., was established, and Auxiliary units began collecting coins for "self-help" projects to improve life in Central and South America. The Auxiliary's spare-change collections grew from about \$1,500 in the program's first year to more than \$55,000 annually to help poor countries for decades to come.

In 1958, the Auxiliary raised more than \$3,000 to buy tools and teach people how to use them in Honduras. A similar effort in 1962, called "Bridge of Progress," sent modern tools and instructors to indigenous people in rural Colombia to help them reduce malnutrition and poor mortality rates.

An article in the April 1962 *American Legion Auxiliary National News* by Mary C. Lowrie, CARE, Inc., leader in Colombia, described improvements brought about by the effort:

"A model house has been made of cement blocks, showing people how tools and seeds can be stored in the basement; a community center has been erected; and Indian women are learning to sew and knit. They attend classes on child care, home economics and personal hygiene. They are beginning to understand that they must include more than beans and corn in the family diet. Villagers are also learning basic preventive health measures."

The Auxiliary's efforts helped build 13 rural schools in the Dominican Republic, installed fresh-water systems and pumps in Ecuador, set up



Water pumps in Ecuador were among the projects funded by the ALA.

American Legion Auxiliary photo

vocational training centers in Costa Rica, sent equipment to a Malaysian hospital's maternity/pediatrics ward, built rural schools in Nicaragua, provided electricity to a Korean village, sent seeds and fertilizer to Belize, helped build a clinic in Kenya, installed irrigation systems in Mexico and more.

The Auxiliary raised these funds by pennies and nickels. National President Mary Koger of Kansas, however, took her commitment a bit further in 1963. "Because I believe so strongly that the future of the world depends on today's children ... I'll contribute enough silver dollars to balance the weight of a child toward the building of another school."

And so a 6-year-old child was placed on a scale. Koger poured about 1,500 silver dollars onto the counter balance – enough to construct an entire school building in the Dominican Republic that year, School No. 7, against a goal of 10 for that part of the world in that particular time.



4-H Club members in Honduras use colorful cotton and sewing machines sent by the American Legion Auxiliary CARE program to learn skills.

American Legion Auxiliary photo



Treating your COPD and still struggling?

Chronic productive cough?
Repeated antibiotic use for
chest infections? Repeat
hospitalizations?



RespirTech COPD patients
reported after one year
of vest therapy with the
InCourage system¹:



Hospitalization rate
decreased **↓ 52%**



Ability to clear lungs
“good-excellent”
rating increased **↑ 55%**



Respiratory health
“good-excellent”
rating increased **↑ 36%**

InCourage vest therapy is a drug-free way to clear excess mucus from the lungs. Ask your doctor if the InCourage system may be right for you. For a vest therapy information kit, call 833.208.5324 or visit www.respirtech.com/VA.

We change lives. We help people breathe better.

1. Methodology: Phone surveys at regular intervals with COPD patients using the InCourage system, as part of a subset of the overall RespirTech bronchiectasis outcomes registry. Data collection began in 2013. As of 11/31/18, 154 patients completed the baseline survey; 108 patients in 1-month cohort; 89 in 3-month cohort; 70 in 6-month cohort; 43 in 12-month cohort.

A TOXIC MESS

Nicole Gitt-Woxland, Paul Lutz and Valerie Secrease, from left, served at the former Naval Air Station Willow Grove in Horsham, Pa. The three veterans say they are experiencing health issues caused by drinking water contaminated by firefighting foam used on base.

Photo by Corey Perrine



The link between “forever chemicals” and fatal diseases creates a health crisis in the military community.

BY KEN OLSEN

For years, Wade Woxland, Paul Lutz and Lisa McCracken used the water at Naval Air Station Willow Grove in Pennsylvania without a second thought. They didn’t worry on days they arrived at work to find the drinking fountains shut off and covered in plastic, considering it an inconvenience instead of a warning. They filled their water bottles in bathrooms, showered in the base gym, swam in the base pool and ate at the base galley. Until the people they served with started developing strange cancers and other diseases. Until it was too late.

McCracken contracted breast cancer. Lutz has multiple myeloma. Woxland died just after Christmas 2013, 18 months after he was diagnosed with five different types of cancer – including one so rare that only 50 cases had been reported in the United States. His wife, Nicole Gitt-Woxland, who also served at the base, has an autoimmune disorder. Until they were diagnosed, none of them

realized that Willow Grove’s drinking water had been contaminated by toxic firefighting foam chemicals, often referred to as PFAS.

“No one ever said ‘Don’t drink the water,’” Lutz says, noting that questions were not asked when the drinking fountains were shuttered because the joint Navy/Air Force Reserve base was old. “Come to find out it’s been a Superfund site since 1995.” Lutz began making a list of his colleagues as they became sick or died. He gave up when the tally reached 119 – and that was years ago.

“Imagine the hundreds of thousands of people on the base who were exposed,” Gitt-Woxland adds. “I don’t think we’ve seen the implications of what was done there – or the cover-up.”

Willow Grove is one of hundreds of current and former U.S. military bases where servicemembers and families were potentially exposed to PFAS-laced drinking water. Not to mention residents of nearby communities whose drinking water was

Simplicity. Savings. Stauer®SMART Best value for a Smartwatch...only \$99!

Smarten up

Some smartwatches out there require a PhD to operate. Why complicate things? Do you really need your watch to pay for your coffee? We say keep your money in your pocket, not on your wrist. **Stauer®SMART** gives you everything you need and cuts out the stuff you don't, including a zero in the price.

Keep an eye on your health with heart rate, blood pressure** and sleep monitoring capabilities. Track your steps and calories burned. Set reminders for medicine and appointments. **StauerSMART** uses Bluetooth® technology to connect to your phone. When a notification or alert arrives, a gentle buzz lets you know right away.

When it comes to battery life, **StauerSMART** has one of the most efficient batteries available--giving you up to 72 hours of power. Most Smartwatches need to be charged every 24 hours. **StauerSMART** can get you through a three-day weekend without needing a charge.

This is the smarter Smartwatch. And, at **only \$99**, the price is pretty smart too.

Satisfaction guaranteed or your money back. Try **StauerSMART** risk-free for 30 days. If you aren't perfectly happy, send it back for a full refund of the item price.

Stauer®SMART

- Track steps and calorie burn
- Monitor heart rate, blood pressure & sleep
- Set reminders for medicine & appointments
- Get notified of emails & text messages
- Personalize the dial with your favorite pic
- Up to 72 hours of battery life per charge
- Supports Android 4.4+, iOS8.2 & Bluetooth 4.0+

Stauer® SMART \$299†

Offer Code Price **\$99** + S&P **Save \$200**

You must use the offer code to get our special price.

1-800-333-2045

Your Offer Code: STW175-01

Please use this code when you order to receive your discount.



Rating of A+



• Supports Android 4.4+, iOS8.2 & Bluetooth 4.0+ • Silicone strap • Touchscreen with digital timekeeping • Stopwatch timer • Heart rate, blood pressure & sleep monitor • Fitness tracker • Notifications: text, email, social media, & calendar alerts • Alarm clock • Water resistant to 3 ATM • USB charger included

Stauer® 14101 Southcross Drive W., Ste 155, Dept. STW175-01, Burnsville, Minnesota 55337 www.stauer.com

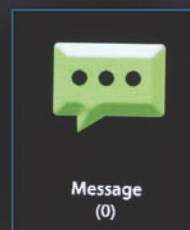
* Please consult your doctor before starting a new sport activity. A Smartwatch can monitor real-time dynamic heart rates, but it can't be used for any medical purpose.

† Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

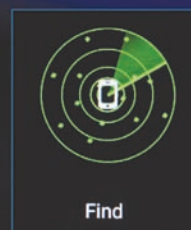
3Xs the Battery Life of the top-selling Smartwatch



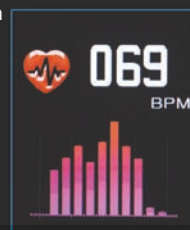
Stauer®SMART gives you everything you want for only \$99... and nothing you don't.



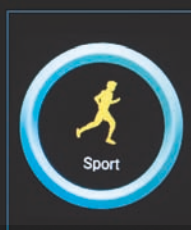
Emails and texts alerts



Find my phone



Monitor heart rate



Track steps and calories

Stauer... Afford the Extraordinary.®

also polluted by firefighting foam chemicals. But the work to assess the contamination, much less clean it up, has barely begun.

'FOREVER CHEMICALS' PFAS are a class of fluorinated chemicals used in aqueous film-forming firefighting foams invented with the help of the Navy and widely adopted by the U.S. military beginning in the 1970s, says Remington Nevin, a preventive and occupational medicine physician who served with the 82nd Airborne in Afghanistan. PFAS were also used in products ranging from non-stick cookware to stain-resistant carpet and specialty clothing.

Because these fluorinated compounds don't break down in soil or water, they are often called "forever chemicals." They are linked to a variety of cancers, autoimmune disorders, birth defects and other health issues. An environmental specialist at 3M, which manufactured the toxicants, called them "the most insidious pollutant since PCB" in his March 1999 resignation letter, according to the *Detroit Free Press*.

"The toxicity of this class of substances is undeniable, and their persistence and accumulation within the body should be cause for significant concern," says Nevin, who studied the health risks during his occupational medicine fellowship training at the International Association of Fire Fighters. Long-term consumption of drinking water contaminated with high levels of the toxicants "poses an unacceptable risk to human health," he adds.

Yet there are no federal regulations limiting PFAS pollution, says Genna Reed, lead science and policy analyst for the Union of Concerned Scientists. "That's one reason we don't have any idea of the number of sites that are contaminated."

In 2016, the Environmental Protection Agency set a PFAS advisory limit of 70 ppt, far higher than many scientists believe is safe for human health. Some states are moving to set stricter limits. And the federal Agency for Toxic Substances and Disease Registry has recommended PFAS limits as low as 7 to 11 ppt.

The scope of PFAS pollution is staggering. It's turned up in Strawberry Lake in Michigan, where residents have been warned not to eat fish or touch the foam that's built up from PFAS contamination. It has tainted the baptismal pool and drinking water at a Pentecostal church in Sacramento, Calif. PFAS problems have prompted the military to drill monitoring wells near places such as Naval Air Station Whidbey Island in Washington state, and

pay to build new water-treatment plants near Peterson Air Force Base in Colorado.

Current and former military bases have some of the nation's highest PFAS levels, according to an analysis by the Environmental Working Group (EWG). The former England Air Force Base near Alexandria, La., is thought to have the worst contamination with concentrations measuring 20.7 million ppt. At Willow Grove, where the Air Force is providing \$2.8 million toward containing the contamination and filtering drinking water, PFAS levels were measured at 86,000 ppt – 7,818 times greater than the safe-exposure level, according to EWG.

In 2017, DoD estimated 401 current and former U.S. military bases were contaminated with PFAS. The total has now jumped to 651 military sites with potential firefighting foam pollution, according to a new Pentagon report released in March. It's telling that DoD can't provide a conclusive number, Reed says.

"That speaks to the real need for meaningful federal action – for testing, remediation and helping people who have been exposed," she says. "This is a legacy contaminant that has been used on military sites for decades. Military families and other affected communities have the right to know if the water they drank for decades was contaminated with PFAS and posed significant risks to their health."

U.S. Rep. Elissa Slotkin, D-Mich., a former Pentagon official, called for accountability in a 2019 letter to Defense Secretary Mark Esper. "We must address these issues as environmental security is, in fact, homeland security, and it is clear PFAS is a threat to our safety," Slotkin wrote. "When residents of the Great Lakes state, home to the greatest concentration of fresh water in the world, cannot hand our kids a glass of water with confidence that it is safe to drink, that is a threat to our way of life."

HANGAR FULL OF FOAM It's easy to see how the toxicants could have made their way into drinking water at Willow Grove, now Horsham Air Guard Station. Lutz recalls the firefighting foam system accidentally going off at least twice during the 12 years he was stationed at the base. "I've seen the hangar 10 feet deep in foam," he says. "They don't say, 'Put on a Tyvek suit and a respirator.' Instead, there are kids out there in dungarees with brooms and squeegees sweeping the foam into drains."

Still, Lutz knew nothing about the groundwater contamination until an ice hockey injury sent him

ATTENTION VETERANS!

American Standard Walk-In Tubs **SAVE \$1,500**



ONE-TOUCH CONTROLS



HANDHELD SHOWER



LOW THRESHOLD



COMFORT & SAFETY



44 HYDROTHERAPY JETS

Lifetime Warranty—Finance Options Available*

✓EXPERIENCE YOU CAN TRUST

Only American Standard has OVER 150 years of experience and offers the Liberation Walk-In Bathtub

✓SUPERIOR DESIGN

Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience

✓PATENTED QUICK DRAIN® TECHNOLOGY

✓LIFETIME WARRANTY

The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard

✓44 HYDROTHERAPY JETS

More than any other tub we've seen



FREE

Savings include our own American Standard Right Height Toilet (\$500 VALUE)



FREE

An In-Home Evaluation will be scheduled at your earliest convenience

Limited Time Offer—Call Today!

855-215-0489

or visit AmericanStandardBath.com

American Standard



MADE IN USA



A+ RATED

Discount applied at time of purchase. Terms and Conditions Apply. *Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathtubs.com for other restrictions and for licensing, warranty, and company information. *CSLB B982796; Suffolk NY: 55431H; NYC: HIC#2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

to the doctor. A back specialist found a tumor on his spine in 2015, a year after he retired from the Navy. VA has acknowledged that his cancer is tied to his service at Willow Grove, he says. After surgery, chemo, radiation and two stem-cell transplants, his multiple myeloma is in remission. But there is no cure.

"I was diagnosed with cancer at 44," Lutz says. "I took a bullet for our country from our country. I could have protected myself – but if the people charged with taking care of me won't tell me"

Likewise, McCracken was aware that the Navy used firefighting foam at both of her duty stations – Naval Air Station North Island in California and then Willow Grove. "I didn't know how bad it was when it got in the drinking water," she says. McCracken discovered she had breast cancer in 2004 and left the Navy in 2006, not wanting to burden the military with five years of monitoring for the possibility of her cancer's reoccurrence. But she was never able to make sense of her disease. "There is not a stitch of cancer in my family," she says. "I never smoked or drank or any of that. No drugs. No factor that led to any of this."

McCracken started connecting the dots after former Willow Grove colleagues faced catastrophic illnesses. "Some of the healthier people I knew would get rare cancers, and then they were dead," she says. "It was one after another after another." She researched firefighting foam and concluded that PFAS caused her cancer. Her journey has unsettling similarities to her father's experience as a Blue Water Vietnam War veteran who deals with the effects of Agent Orange exposure.

Although she's now cancer-free, McCracken worries about her stepdaughter, who was stationed at Whidbey Island for four years. And she's alarmed at the lack of awareness.

"When you're in the military, you don't say, 'Let's look at the list of Superfund sites' when you get your next duty station," she says. "I wanted to go to Willow Grove because I wanted to live back east again. If I had known about PFAS, I probably wouldn't have done it."

HEALTH NUT The Woxlands became aware of Willow Grove's toxic hazards only after Wade was diagnosed with the first cancer in 2012. An ultra-healthy bicyclist who rode 500 miles the month before doctors found a tumor in his bladder, he was optimistic about his recovery. Then specialists discovered that the disease was a rare cancer that normally attacks the stomach. Only 50 cases had been identified.

Wade underwent intensive chemotherapy and bladder surgery, to no avail. The couple went to M.D. Anderson Cancer Center in Houston hoping to find more treatment options. Instead, they learned that Wade had four additional types of untreatable cancer and nine to 18 months to live. The more he thought about it, the more Wade was certain his condition was connected to his time at Willow Grove. The couple went home to Denver and contacted members of his squadron.

"We started hearing about all the people he was stationed with who had died of brain cancer, colon cancer, breast cancer," Nicole says. She created a Facebook group for people who served at the base and asked people to post if they knew anyone with a cancer diagnosis.

"An astronomical number of people responded," Nicole says. "It was crazy. And every month, it seemed two or three people passed away who served with us or were in another squadron at Willow Grove."

Wade died Dec. 28, 2013, and Nicole handed responsibility for the Facebook group to Lutz and another veteran a few months later. "I had three kids who were mourning," Nicole says. "There was no way I was going to be able to take care of that." Eventually, the Facebook group became less about people who were falling ill and more of a memorial site for people who died.

The Woxlands filed a VA claim while Wade was still alive, without success. After Wade died, Nicole filed a new claim as a survivor, hiring a medical specialist and other experts to help her make the case. After three frustrating years, she prevailed and believes it's the first time VA granted 100 percent service connection post-mortem for PFAS exposure. Nicole hopes that sets a precedent for other veterans and families who were exposed to PFAS.

Now Nicole is pushing for legislation that would automatically grant servicemembers who serve at a Superfund site a zero percent VA disability rating as they leave the military, so they can more readily access care and benefits when they are stricken with service-connected health problems.

Meanwhile, she worries what the PFAS exposure means for her children – particularly her youngest. "It's scary," she says, recalling the years their family lived in military housing near Willow Grove. "We used the tap water to make baby formula for him." 🍷

Ken Olsen is a frequent contributor to The American Legion Magazine.



Historic 1920-1938
"Buffalos" by the Pound

LOW AS
\$49
plus shipping & handling

FREE
Stone Arrowhead
with every bag



Released to the Public: Bags of Vintage Buffalo Nickels

One of the most beloved coins in history is a true American Classic: The Buffalo Nickel. Although they have not been issued for over 75 years, GovMint.com is releasing to the public bags of original U.S. government Buffalo Nickels. Now they can be acquired for a limited time only—not as individual collector coins, but by weight—just \$49 for a full Quarter-Pound Bag.

100% Valuable Collector Coins—GUARANTEED!

Every bag will be filled with collectible vintage Buffalos from over 75 years ago, GUARANTEED ONE COIN FROM EACH OF THE FOLLOWING SERIES (dates our choice):

- 1920-1929—"Roaring '20s" Buffalo
- 1930-1938—"The Buffalo's Last Decade"
- Mint Marks (P, D, and S)
- ALL Collector Grade Very Good Condition
- FREE Stone Arrowhead with each bag

Every vintage Buffalo Nickel you receive will be a coveted collector coin—GUARANTEED! Plus, order a gigantic full Pound bag and you'll also receive a vintage Liberty Head Nickel (1883-1912), a valuable collector classic!

Long-Vanished Buffalos Highly Coveted by Collectors

Millions of these vintage Buffalo Nickels have worn out in circulation or been recalled and destroyed by the government. Today, significant quantities can often only be found in private hoards and estate collections. As a result, these coins are becoming more sought-after each day.

Supplies Limited— Order Now!

Supplies of vintage Buffalo Nickels are limited as the availability of these classic American coins continues to shrink each and every year. They make a precious gift for your children, family and friends—a gift that will be appreciated for a lifetime.

NOTICE: Due to recent changes in the demand for vintage U.S. coins, this advertised price may change without notice. Call today to avoid disappointment.

30-Day Money-Back Guarantee

You must be 100% satisfied with your bag of Buffalo Nickels or return it within 30 days of receipt for a prompt refund (less s/h).

Order More and SAVE

QUARTER POUND Buffalo Nickels
(23 coins) Plus FREE Stone Arrowhead
\$49 + s/h

HALF POUND Bag
(46 coins) Plus FREE
Stone Arrowhead
\$79 + s/h **SAVE \$19**

ONE FULL POUND
Bag (91 coins)
Plus FREE Stone
Arrowhead and Liberty
Head Nickel
\$149 + s/h **SAVE \$47**



FREE Liberty Head
Nickel with One
Full Pound

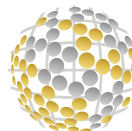
FREE SHIPPING over \$149!

Limited time only. Product total over \$149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

For fastest service call today toll-free

1-877-566-6468

Offer Code VBB413-07
Please mention this code when you call.



GOVMINT.COM®

GovMint.com • 14101 Southcross Dr. W., Suite 175, Dept. VBB413-07, Burnsville, Minnesota 55337

GovMint.com® is a retail distributor of coin and currency issues and is not affiliated with the U.S. government. The collectible coin market is unregulated, highly speculative and involves risk. GovMint.com reserves the right to decline to consummate any sale, within its discretion, including due to pricing errors. Prices, facts, figures and populations deemed accurate as of the date of publication but may change significantly over time. All purchases are expressly conditioned upon your acceptance of GovMint.com's Terms and Conditions (www.govmint.com/terms-conditions or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2020 GovMint.com. All rights reserved.

THE BEST SOURCE FOR COINS WORLDWIDE™



Undersecretary for Benefits Paul Lawrence has turned his office into a photo gallery illustrating VBA's mission to make 2020 the "best year ever." Photo by Alex Wroblewski

Three big deals in the quest for VBA's 'best year ever'

BY JEFF STOFFER

The walls of Paul R. Lawrence's office in Washington are covered with small framed photographs from his visits to VA regional offices, award presentations, speaking engagements and meetings with veterans served by the increasingly complex arm of government he leads. Lawrence points out one photo that sums up much of what the Veterans Benefits Administration (VBA) has been trying to accomplish over the past two years.

It's a big empty room in Boston. Not long ago, that room resembled most VA regional offices across the land, where yellowing stacks of undecided benefits applications, military records, medical reports and file folders awaited attention from overloaded processors.

"We are getting better," says Lawrence, a former Army captain who now serves as undersecretary for benefits at the Department of Veterans Affairs. "The backlog last December reached a historic low (64,783) for the number of claims over 125 days. Remember back in the day (2013), it was like 611,000? So that's a big deal."

There have been three pretty "big deals" for VBA to execute since Lawrence was confirmed in April 2018: the Harry W. Colmery Veterans Educational Assistance Act, known as the "Forever GI Bill," that was delivered Dec. 1, 2019; the Veterans Appeals Improvement and Modernization Act (AMA), signed by President Trump onstage at the 99th American Legion National Convention in 2017 and set in motion Feb. 19, 2019; and the Blue Water Navy Vietnam Veterans Act expansion of benefits eligibility Jan. 1, 2020, for veterans presumed to have been affected by Agent Orange exposure.

Each of the big deals has come with its own set of implementation challenges. VBA began deciding Blue Water Navy claims when the law went into effect, following a six-month ramp-up – meaning that all three major initiatives, each of which was supported by The American Legion, set sail within an 11-month window. Now, says Lawrence, it's up to him and VBA's 25,830 employees to "continue to streamline processes and reallocate resources. As we bring in more technology, we free up people's

GUARANTEED ACCEPTANCE FOR AMERICAN LEGION MEMBERS AGES 45-85*

We take care of our own — it's the American Way!



Get up to **\$25,000.00**
in whole life insurance and enjoy...

FREEDOM from worry — knowing your family has the protection they need to help cover your final expenses or outstanding debt.

FREEDOM from high rates — guaranteed to never increase! And benefits will never decrease. (See our affordable monthly premiums below.)

FREEDOM to choose the amount of protection you want — **\$3,000.00, \$5,000.00, \$10,000.00 or \$25,000.00.***

FREEDOM from answering intrusive health questions or taking a medical exam — these are **guaranteed** issue policies for people 45-85*.

Plus, your benefits **double** if death is due to an auto accident.**

There's **NO OBLIGATION** so call to apply.

1-800-867-2953

or visit www.MutualDirect-Legion.com



UNITED OF OMAHA LIFE INSURANCE COMPANY
COMPANION LIFE INSURANCE COMPANY
MUTUAL of OMAHA AFFILIATES

	\$3,000.00		\$5,000.00		\$10,000.00		\$25,000.00	
Age	Male	Female	Male	Female	Male	Female	Male	Female
45-49	\$10.75	\$8.80	\$17.25	\$14.00	\$33.50	\$27.00	\$82.25	\$66.00
50-54	\$12.35	\$10.15	\$19.92	\$16.25	\$38.83	\$31.50	\$95.58	\$77.25
55-59	\$15.28	\$11.50	\$24.79	\$18.50	\$48.58	\$36.00	\$119.96	\$88.50
60-64	\$18.50	\$13.75	\$30.17	\$22.25	\$59.33	\$43.50	\$146.83	\$107.25
65-69	\$22.08	\$17.05	\$36.13	\$27.75	\$71.25	\$54.50	\$176.63	\$134.75
70-74	\$29.53	\$22.30	\$48.54	\$36.50	\$96.08	\$72.00	\$238.71	\$178.50
75-79	\$38.65	\$30.70	\$63.75	\$50.50	\$126.50	\$100.00	\$314.75	\$248.50
80-85	\$51.55	\$43.45	\$85.25	\$71.75	\$169.50	\$142.50	\$422.25	\$354.75

The rates above include a \$12 annual policy fee.

This is a solicitation of individual insurance. A licensed insurance agent/producer may contact you by telephone. **These policies contain benefits, reductions, limitations, and exclusions to include a reduction in death benefits during the first two years of policy ownership.** In NY, during the first two years, 120% of premiums will be paid. Whole life insurance is underwritten by United of Omaha Life Insurance Company, 3300 Mutual of Omaha Plaza, Omaha, NE 68175 which is licensed nationwide except NY. Life insurance policies issued in NY are underwritten by Companion Life Insurance Company, Hauppauge, NY 11788. Each underwriting company is responsible for its own financial and contractual obligations; and shares a financial interest with The American Legion, in this program. Policy Form ICC11L059P or state equivalent (7780L-0505 in FL, 828Y-0505 in NY). This policy is available to people not affiliated with The American Legion.

*Ages 50-75 in NY; benefit amounts available may vary by state.

**Not available in all states.

time to do more important problems and work on harder things. That's really our intention."

The three major implementations – and the mission to meet or exceed goals in VBA's eight service lines, which range from home loans to vocational rehabilitation, as well – are among the reasons Lawrence and the agency's staff members have been wearing buttons and posting on social media their hashtag proclamation for fiscal 2020: **#BestYearEver**. "We're talking about everybody really having a solid year, having the best year we can possibly have for veterans," Lawrence says.

Could it really be that this long-beleaguered bureaucracy is turning a historic corner, becoming faster, more efficient and technologically adept?

"I think so," says Lawrence, an author and Ph.D. who spent 30 years as a management consultant for companies and organizations that deal with the federal government. "Nothing's perfect, but we are processing more claims faster than ever before. We're producing more positive outcomes than ever before."

The American Legion and VBA work closely together at the national, regional and local levels. More than 3,500 accredited American Legion service officers provide free assistance for veterans and their families in the VA claims application and appeals processes.

The appeals modernization overhaul was installed in February 2019 when goals were set to complete final decisions within 125 days, on average. In the two appeals decision lanes under VBA, nearly 200,000 AMA claims were completed, averaging 66 days (for supplemental claims) and 47 days (for higher level claims) to complete, as of the end of January.

The revamped GI Bill was officially delivered by the revised deadline of Dec. 1, 2019, after several bugs – significantly a new process to pay monthly housing allowances to student veterans – were worked out. "There are also other features," Lawrence notes. "We introduced more money for STEM – science, technology, engineering and math – that will get you nine more months of benefits if you pursue such degrees." Also added was the VET TEC (Veterans Employment Through Technology Education Courses) program, which pays GI Bill benefits for the cost of certification training to work at big technology companies. As changes were made, the average number of days to process a GI Bill application decreased from 24.1 to 18.7 between fiscal 2019 and January 2020.

Since the Post-9/11 GI Bill was enacted Aug. 1, 2009, multiple adjustments have been made to it,

but none so significant as the Forever GI Bill, which lifts the 15-year time limit to use the benefits for veterans discharged on or after Jan. 1, 2013, among multiple other changes.

Outreach has been a key objective in the Blue Water Navy expansion, Lawrence says. "We are working with folks like you all, trying to find the way to communicate."

VBA has been contacting applicants whose claims were previously denied because they lacked the "boots-on-the-ground" criteria imposed in 2002. "We have made a real conscientious effort to reach back," Lawrence says. "We wrote almost 80,000 letters to everybody we denied, who was in the blue water but previously denied because they weren't covered, reminding them they can still reapply. And we are going to try to go find their kids and wives, if they have passed."

One of the hang-ups faced by applicants is not knowing if or when their ships were in the blue-water zone – no more than 12 miles from shore. "NARA – the National Archives – has all the ship logs from back in the day," Lawrence explains. "It's all pencil and paper We had to digitize those so we could quickly scan and look you up. We could match your period of service with the ship and then put you in the blue water. Once we do that, we know how to process Agent Orange claims because we have been doing it for the folks on land and in the brown water."

Digitization of ship logs was one proactive step that fits under Item No. 1 in VBA's often-repeated triad of top priorities:

- Provide veterans with the benefits they have earned in a manner that honors their service.
- Ensure we are strong fiscal stewards of the money entrusted to us.
- Foster a culture of collaboration.

Item No. 3 – "culture of collaboration" – has made the undersecretary a frequent visitor of American Legion posts around the country.

"I learn something every time I go," Lawrence says. "I try to go to a post whenever I do a visit to a regional office or speak. They are generally very welcoming. Sometimes they will convene a group, and I will do a spontaneous roundtable. Sometimes I will just walk around and see the cool posts. I learn the history. It's just really interesting to see the people who are doing it, transitioning from generation to generation. It's really exciting and energizing."

For an expanded interview with Undersecretary for Benefits Paul Lawrence, visit legion.org/veteransbenefits.

Advanced Rechargeable Digital Hearing Aid Technology Only \$229!*

(*Each when you buy a pair)

The new Advanced HearClear™ HCR3 rechargeable hearing aid combines advanced technology with a low price to provide you with outstanding value.

5 Star Reviews! ★★★★★

Outstanding Product! "This product is outstanding. Dad loves it, my mom loves it, and I am grateful! Don't believe that you have to spend a lot of money to get a quality hearing aid"

- Gilmore B.

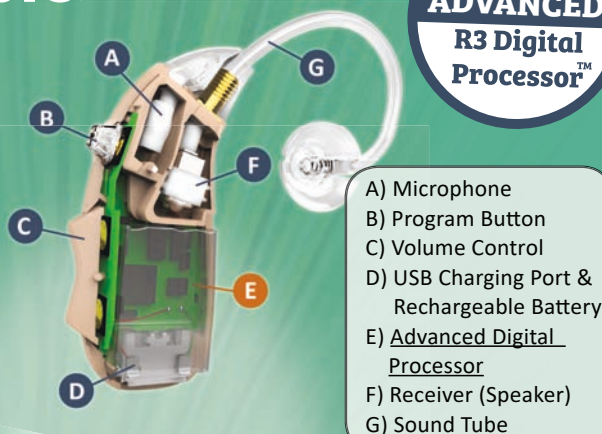


HCR3 Features!

- ✓ New Advanced Third Generation American Technology
- ✓ Digital sound processing chip provides **clear sound and makes speech easier to understand** with less feedback than old analog technology
- ✓ Don't worry about replacing batteries! **Full Charge Gives 16 Hours of Use! (Charger Included)**
- ✓ Easy **On / Off Button**
- ✓ Automatic Noise Reduction and Feedback Cancellation
- ✓ **100% Money Back Guarantee**
- ✓ **4 Programs** for different listening situations

Even Better In Pairs!

Your brain is designed to use both ears working together. In fact, studies show that you may be able to **hear up to 3 times better** in noisy situations when using two hearing aids. Buy a pair for the best results and maximum savings!



Simple.

Affordable.

Rechargeable Digital Hearing Aid - For Only \$229!*

The new HearClear™ HCR3 Rechargeable Digital Hearing Aids features **advanced third generation digital technology** at an unbelievably affordable price! The HCR3 is packed with the same key technologies that all high end digital hearing aids share while leaving out the extra bells and whistles that increase cost and require expensive adjustments. This **helps you hear better, while saving you a lot of money.**

Your new HearClear HCR3 hearing aids work at a fraction of the cost of name-brand hearing aids, and you won't have to keep changing the batteries! You will love the discreet, comfortable, lightweight Open-fit design. The HCR3 is pre-programmed for most moderate to significant hearing losses, so you won't need professional appointments to make costly adjustments. **It is shipped directly to you and will help you hear better right out of the box!**

You can spend thousands for an expensive hearing aid, or you can spend just \$249 for a hearing aid that is great for most hearing losses (**only \$229 each when you buy a pair – hear up to 3 times better than wearing just one**). We are so sure you will love your hearing aids that we offer a **100% Money Back Guarantee - Risk Free** if you are not satisfied for any reason.

NOW ON SALE!

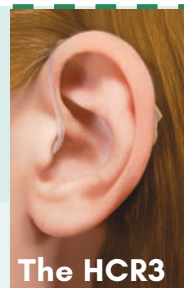
~~List Price: \$849~~
Sale Price: \$229*

MONEY SAVING OFFER!

Use Coupon Code: **ALZ5**

1-888-318-4376

***Only \$229 Each When You Buy A Pair!**
(Coupon Code & Price Valid For A Limited Time Only)



The HCR3

Not available in the state of Washington

 **Advanced Affordable Hearing**™
Affordable Quality Since 1996!



FDA
REGISTERED

Visit and Save: www.AdvancedHearing.com/ALZ5



The Music of Our Military

The anthems of the U.S. service branches are steeped in history.

BY MARC FERRIS

Music is nearly as much a part of U.S. military history as weaponry. Beginning with “Yankee Doodle,” martial songs have inspired the troops and preserved tradition. Service anthems – like logos, flags and uniforms – give each branch a special identity.

“The Marines’ Hymn” The history of the oldest and perhaps best-known U.S. service anthem is shrouded in mystery.

Writing to Marine Band leader Walter F. Smith in the early 1900s, Col. Albert S. McLemore – who coined the phrase “First to Fight” (included in the official song’s lyrics) and tried to pin down some facts about the song – acknowledged that the hymn’s origins have been “clouded by the passing of time and confused by oral tradition.”

For a military branch that touts its toughness, it’s ironic that the melody of the hymn’s verses is lifted from “The Gendarmes’ Duet,” an opera aria featured in “Geneviève de Brabant.” In 1867, composer Jacques Offenbach added the piece to a revised version that premiered in Paris.

How this melody came to be associated with the Marines isn’t clear. Even less is known about the original words. The opening lines, which chronicle two major battles in early Corps history, appeared on the Marine colors but in chronological order – unlike the song.

For the other verses, it’s said that an unknown Marine on duty in Mexico wrote them in 1847 after storming the Halls of Montezuma (Chapultepec Castle), as Corps lore contends, but the true author may never be revealed.

During World War I, Marines sang their hymn as they charged during battle. In one anecdote

published in *Stars and Stripes* in August 1918, a wounded French officer who arrived at a U.S. field hospital praised a “dashing contingent” that fought alongside his unit.

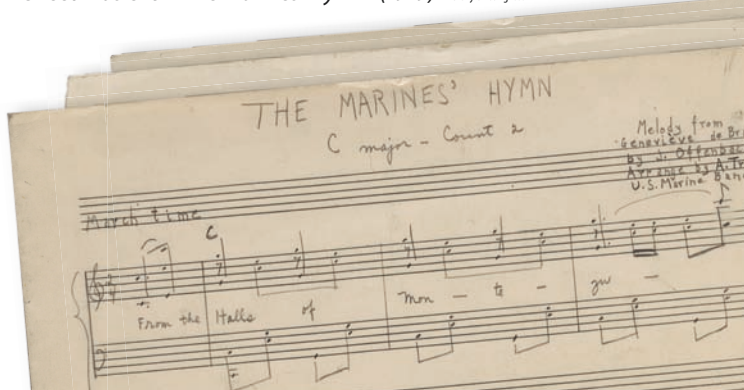
“A lot of them are mounted troops by this time,” he said, “for when our men would be shot from their horses, these youngsters would give one running jump and gallop ahead as cavalry. I believe they are soldiers from Montezuma. At least, when they advanced this morning, they were all singing ‘From the Halls of Montezuma to the Shores of Tripoli.’”

In 1929, Marine Corps Commandant Wendell C. Neville declared “The Marines’ Hymn” to be the branch’s official musical emblem.

After World War II, Marines developed the tradition of standing at attention when the song aired, but in April 2019 the Corps’ new drill and ceremonies manual required that all Marines not in formation or part of a ceremony “who when they hear the playing of ‘The Marines’ Hymn’ will stand at attention, face the music and sing the words.”

Given the tune’s catchy melody, succinct lyrics and tradition within the Marine Corps, that should be easy.

Sheet music for “The Marines’ Hymn” (1919) Library of Congress





I SERVED FOR

Honor

At USAA, the same values that guide our military inspire us to go above and beyond for our members. When you join USAA, you'll be part of an organization where we have everything you need to make your membership a lifelong bond.

JOIN USAA TODAY.

CALL 877-699-2654 OR VISIT [USAA.COM/LEGION](https://usaa.com/legion)



USAA is proud to be the
Preferred Provider
of Insurance and Financial Services
to The American Legion

USAA means United Services Automobile Association and its affiliates. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. The American Legion receives financial support from USAA for this sponsorship. © 2020 USAA. 257612-0120-TAL



Naval Academy bandmaster Lt. Charles Zimmermann composed "Anchors Aweigh" in 1906. Library of Congress

"Anchors Aweigh" Though universally associated with the U.S. Navy, this composition has no official standing.

The Navy's acknowledged hymn is "Eternal Father, Strong to Save," composed in 1861 in England and played at the Naval Academy since 1879. The song added a somber sonic note to the funerals of Navy men Franklin Delano Roosevelt, John F. Kennedy, Richard Nixon, Gerald Ford and George H.W. Bush.

Still, Lt. Charles A. Zimmermann's composition overshadows this historic song in the hearts and minds of the entire branch.

Zimmermann served as the Naval Academy band's beloved music director from 1887 until his untimely death in 1916. Midshipmen treasured the special marches he wrote for several graduating classes.

In 1906, Alfred Hart Miles and his classmates requested that Zimmermann write an "inspiring" number for the Class of 1907, "one with a swing to it so it could be used as a football marching song, and one that would live forever."

The story goes that the two men sat down at the academy chapel's organ and crafted the words and melody of "Anchors Aweigh" in time for the annual Army-Navy football game in 1906. Magnifying the composition's mystique, Navy won and repeated the feat the next year.

Over the years, the song's original words became outmoded.

In 1926, Midshipman Royal Lovell added a third verse that has arguably become the song's most recognized stanza, and in 1997 Master Chief of the Navy John Hagan overhauled the words to downplay the football angle and take a more general tack. In Lovell's verse, for example, the line "farewell to college joys" became "farewell to foreign shores."

The title refers to the moment an anchor is hoisted so a ship can depart. In the original first verse, the sporting context is unmistakable: "Roll up the score, Navy / Anchors Aweigh / Sail Navy down the field / And sink the Army, sink the Army grey!"

"The Army Goes Rolling Along" While serving in the Philippines, Lt. Edmund Gruber and his horse-drawn field artillery unit found it difficult to navigate the rough terrain.

Expressing pride that the unit got the job done despite the mountains and dense jungle, Gruber – a relative of "Silent Night" composer Franz Gruber – debuted "The Caisson Song" in 1908.

Inspiration for the main refrain came after Gruber and a small detachment forged ahead during a maneuver to select the best route for his battalion. Surveying the scene on high ground, he heard one of the section chiefs shout out to his drivers, "Come on! Keep 'em rolling!"

Gruber collaborated with two military colleagues on the composition, which opened with the line "Over hill, over dale / As we hit the dusty trail / And those caissons go rolling along."

The song became popular within the Army and in schools across the United States, yet its provenance remained unknown. Many people thought it dated to the Civil War and that the composer had passed away.

During World War I, famed conductor John Philip Sousa composed "The Field Artillery March" based on Gruber's tune, boosting its popularity but unleashing a volley of copyright lawsuits.

Tired of hearing the anthems of other branches at official functions, Army brass held a song contest in 1947, but it failed to produce a suitable selection. Next, they solicited music industry

AMERICA REMEMBERS PRESENTS

The Vietnam Veterans Tribute Thompson

HONORING ALL THOSE WHO SERVED IN VIETNAM

Our men and women came from all over the country, from all walks of life, to fight for freedom on the other side of the world. They served with honor, dignity, and courage. All gave some, some gave all, and many are still missing and unaccounted for. As a nation, we owe all of our Vietnam Veterans a debt that can never be repaid.

Nothing about the Vietnam War was easy. Those who were there remember the swampy grasslands, rice paddies, dense jungles, the heat and an elusive enemy; a war that took place halfway around the world in a country divided by decades of bitter history.

Few generations faced a more daunting challenge than those who fought in Southeast Asia. Few generations are more deserving of our gratitude and respect. To honor all those who served in Vietnam, America Remembers presents the **Vietnam Veterans Tribute Thompson**. Craftsmen commissioned specifically for this project by America Remembers decorate each Thompson in elegant 24-karat gold artwork on a mirror-polished nickel-decorated receiver. Issued in an exclusive limited edition of only 1,000 Tributes, this handsome firearm captures the courage and sacrifice of all those who fought for freedom in Vietnam.

The Tribute is a working semi-automatic Thompson submachine gun in caliber .45 ACP, one of the most memorable American infantry weapons of all time. Like many dedicated Americans, the Thompson served proudly in Vietnam. We've taken this combat-tested classic and transformed it into a work of art. The result is a stunning presentation firearm that will stand as a testament and lasting Tribute to all Vietnam veterans.

The Thompson: An American Original

Vietnam was considered the "last great war" for the Tommy Gun. Though it saw less use than in previous wars, it was a popular weapon for American and South Vietnamese soldiers. The Thompson was a "warhorse" which was relied on for its superior stopping power and dependability.

Like the dedicated American warriors who served in Vietnam, the Thompson served proudly in Vietnam, continuing a tradition of excellence first established during WWII, and later in Korea. This stunning presentation firearm is a lasting tribute to all of America's veterans and links them forever in time with their brothers-in-arms who fought earlier wars.

We know there will never be another American-made firearm like the Thompson submachine gun.

And there will never be more dedicated men and women than those who bravely served their country in Vietnam.

Much like the generations of warriors who came before, those who served with valor in Vietnam deserve their place in American history.

They didn't hesitate to put their lives on the line and give up everything in defense of our liberty and freedom. Some made the ultimate sacrifice. Others returned home to a divided nation. All of them deserve our gratitude.

During the 50th anniversary of the Vietnam War, there has been a strong interest in firearm Tributes honoring those who served in Vietnam. Demand for this Tribute is expected to be strong. Order now to guarantee your place in the edition. We will arrange delivery through the licensed firearms dealer of your choice (not available in CA, CT, MD, NY). If for any reason you are not completely satisfied with your Tribute, you may return it in original, unfired condition within 30 days for a complete and courteous refund.

Honor Vietnam Veterans With This Exclusive Offer

If you are a veteran who answered the call to duty in Vietnam, or if you wish to honor your father, husband, brother, friend or other family member, the Vietnam Veterans Tribute Thompson is sure to become a cherished addition to your collection. Order today to secure your Tribute honoring those who proudly served our nation in Vietnam.

▼ Both sides of the receiver feature emblems that honor Vietnam War veterans. The banner reads: "A Grateful Nation Remembers," and inside the oval is a lone American soldier, the distinctive silhouette of Vietnam and a pair of U.S. military helicopters. The emblem on the right side is framed with a banner reading: "Vietnam Veterans Tribute Thompson".

▼ Left side of the receiver features a soldier with his M60 machine gun--nicknamed "The Pig" for its hefty size. The M60 unleashed a fury of firepower on the enemy. Also featured is a M48-A3 Patton tank providing cover as troops enter a village. The M48 was a workhorse during the Vietnam War.

▲ Right side also features a soldier scanning the distance for enemy movement. A pair of M48 tanks make their way on the ground while the sky is abuzz with helicopters, which played such an important role during the Vietnam War. On the far end of the receiver, you'll find a Marine and his M16. Along with the Huey, the legendary M16 has become a symbol of combat service in Vietnam. Introduced to the battlefield in 1964, the M16 was a lightweight assault rifle that proved invaluable in jungle firefights. Right side features an image of the iconic Republic of Vietnam Campaign Medal presented by Republic of Vietnam to members of the United States military who completed at least six months of duty in the war, with a frame reading: "Vietnam War - All Gave Some, Some Gave All." Below it you'll find a banner that reads: "Lest We Forget."

©AHL, Inc.

MODEL: Thompson Semi-Automatic Submachine Gun **CALIBER:** .45 ACP **EDITION LIMIT:** 1,000

I wish to reserve ____ of the "**Vietnam Veterans Tribute Thompson**", a working Thompson semi-automatic submachine gun, at the current issue price of \$2,995.* My deposit of \$195 per Tribute is enclosed. I wish to pay the balance at the rate of \$100 per month, no interest or carrying charges. Certificate of Authenticity included. Thirty day return privilege.

*All orders are subject to acceptance and credit verification prior to shipment. Shipping and handling will be added to each order. Sales tax is required in certain states and will be added.

☐ Check enclosed for \$ _____.

☐ Charge payment of \$ _____ to:

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

No. _____ Exp. _____

Name _____

Address _____

City/State/Zip _____

Daytime Telephone No. (_____) _____

America Remembers®

10226 Timber Ridge Drive ★ Ashland, Virginia 23005

www.americaremembers.com

To place your reservation call toll-free 1-800-682-2291



Sgt. Kevin Vasquez of the 4th Infantry Division Band leads the formation during the division's change-of-command ceremony on Founders Field at Fort Carson, Colo., on Oct. 4, 2019.

Army photo by Sgt. Micah Merrill

professionals for submissions, and of the 800 entries, the judges chose “The Army’s Always There,” which debuted at the inauguration of President Dwight Eisenhower.

The song failed to inspire, however, so in 1956 Army Secretary Wilber Brucker decided to revisit “The Caisson Song.” Special Services Division musician Harold Arberg changed the lyrics and wrote a musical introduction distinct from the main section (“March along, sing our song”) that is similar to the rarely heard musical prayer that opens “God Bless America” (“When the storm clouds gather”).

On Veterans Day 1956, the Army adopted this updated version of Gruber’s pre-World War I song, which is played at the conclusion of every official ceremony. All soldiers are expected to stand and sing.

“Semper Paratus” The Coast Guard motto, “Always Ready,” served as Capt. Francis Van Boskerck’s musical muse.

In 1922, when the captain chased rum runners off the coast of the Carolinas and Florida during Prohibition, he wrote the lyrics of a song honoring the Coast Guard’s mission.

Five years later, as commander of the branch’s Bering Sea Forces, he teamed up with dentists Alfred Nannestad and Joseph Fournier on the remote island of Unalaska, Alaska, and the trio hammered out the song on a beat-up old piano owned by the wife of a fur trader.

The original first line, “From Aztec shore to Arctic Zone / To Europe and Far East,” echoes “The Marines’ Hymn.”

“The U.S. Air Force” Alaska native Robert MacArthur Crawford loved flying. During the Great War he applied to join the Army Air Service, which turned him down for being underage.

Crawford, who studied at The Julliard School in New York, also loved music and became known as the “Flying Baritone” because he routinely arrived at his performances in an airplane.

In 1937, legendary military aviation pioneer Col. Henry “Hap” Arnold figured that a special song would help differentiate his flyboys from the rest of the military, and attract recruits.

He persuaded magazine publisher and fitness guru Bernarr Macfadden to offer a \$1,000 prize for the winner of a contest. After two years and 757 submissions, judges remained unimpressed. Arnold even solicited an entry from “God Bless America” composer Irving Berlin, but the tune fell flat.

In 1939 Crawford debuted his entry, “The Army Air Corps,” at the Cleveland National Air Races. It became an instant hit and is one of the few songs in history to win a contest and also achieve widespread popularity.

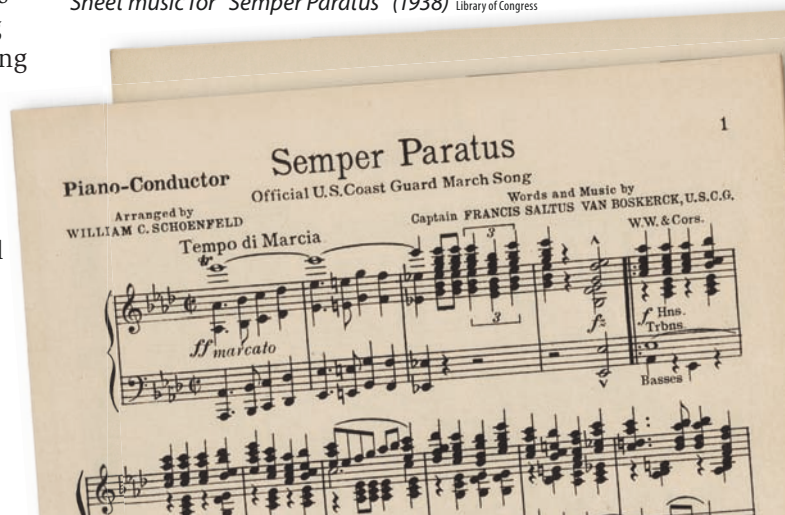
Arnold printed the rousing song’s lyrics inside uniform hats, in service manuals and in planes, though the title changed in 1947 when the branch achieved autonomy (it’s also known as “Wild Blue Yonder”).

The tune appeared in several movies released during World War II, and in 1971, the all-Air Force crew of Apollo 15 broadcast a snippet of the anthem to the world as the lunar module lifted off from the moon’s surface.

Today, Crawford Hall at Langley Air Force Base in Virginia, the country’s oldest air base, honors the man who composed the branch’s official song. 🌿

Marc Ferris is the author of “Star-Spangled Banner: The Unlikely Story of America’s National Anthem” (Johns Hopkins University Press, 2014).

Sheet music for “Semper Paratus” (1938) Library of Congress



THE WORLD WAR II VICTORY 75TH ANNIVERSARY PROOF COIN

Dual portrait of
Harry S. Truman and
Dwight D.
Eisenhower

75th Anniversary
privy mark

Full color flags of
the U.S., Great
Britain and
France



Dates of VE and
VJ Day

38.6 mm diameter coin
plated in 24K gold

Anniversary
dates

This fine collectible is not legal tender and bears no monetary face value.

KEY DETAILS

EVENT: The 75th Anniversary of the Allied victories on VE Day and VJ Day in World War II.

ALL-NEW DESIGN: This historic Proof coin, plated in gleaming 24K gold, was designed to honor the heroes that led the way to victory in WWII. It is exclusive and can be found nowhere else.

CONDITION: Intended as a collector's item, this 24K gold-plated tribute is offered in coveted Proof condition.

EXTRAS: Your coin arrives in a crystal-clear capsule for enduring protection.

After long years of war and sacrifice, the Allies were finally victorious, wiping out the scourge of Hitler and Mussolini from Europe and Imperial Japan in Asia. It was a time for the Greatest Generation to rejoice and reflect on the gains and losses of the war, and the bright future of freedom that lay ahead. Now The Bradford Exchange Mint presents an all-new coin commemorating the 75th Anniversary of these victories so we may honor and remember all those who secured the liberties we enjoy today, *The World War II Victory 75th Anniversary Proof Coin*.

Exclusive 75th Anniversary Coin.

This exclusive early release is richly plated in brilliant 24K gold. The reverse showcases a handsome double portrait of victorious President Harry S. Truman with General Dwight D. Eisenhower backed by a sky full of warplanes. The obverse celebrates the Allied nations, showing off the flags of the United States, Great Britain and France in full color. A special 75th Anniversary privy mark appears on the top, while the dates of the anniversary appear below. It arrives in prized Proof condition, preserved for posterity in a crystal-clear capsule.

Strictly Limited ... Order Now!

Order now at the \$39.99*, issue price, payable in two installments of \$19.98 each. You need send no money now, and you will be billed with shipment. Your purchase is backed by our unconditional, 365-day guarantee and you may cancel at any time simply by notifying us. Strong demand is expected for this early release 75th anniversary tribute, and editions are very limited. So don't delay, mail the coupon today or go online.

www.bradfordexchange.com/WWII

The Bradford Exchange Mint is not affiliated with the U.S. Government or U.S. Mint.

©2020 BGE 17-01966-001-BD

PLEASE RESPOND PROMPTLY

SEND NO MONEY NOW



The
Bradford Exchange Mint

9307 Milwaukee Avenue · Niles, IL 60714-1393

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

E-mail (optional)

YES. Please reserve *The World War II Victory 75th Anniversary Proof Coin* for me as described in this announcement. I need send no money now. I will be billed with shipment. *Limit: one per order.*

*Plus a total of \$4.95 shipping and service per item, plus sales tax; see bradfordexchange.com. Please allow 4-8 weeks after payment for shipment. Sales subject to product availability and order acceptance. By accepting this reservation you will be enrolled in *The World War II Victory 75th Anniversary Proof Coin Collection* with the opportunity, never the obligation, to collect additional issues. You'll also receive a deluxe wooden display with your second shipment — FREE! Issues will arrive about once a month. You may cancel at any time.

910929-E94901

LORE OF THE LEGION

STORY: **JEFF STOFFER**
ART: **GARY MARTIN**
COLOR: **MARCUS ESKOW**

LEON RENI-MEL STARTED PAINTING "AMERICA" ON NOV. 11, 1918, THE DAY WORLD WAR I ENDED. HE HAD BEEN A LIEUTENANT IN THE FRENCH ARMY AND OFFICIAL ARTIST FOR THE MINISTRY OF WAR. DURING THE FIGHTING, HIS PEN-AND-INK DRAWING OF AN AMERICAN DOUGHBOY HELPING A WOUNDED FRENCH SOLDIER ON THE BATTLEFIELD WAS PUBLISHED IN THE NEW YORK HERALD.

RENI-MEL SPENT NEARLY A YEAR AFTER THE ARMISTICE CONVERTING THAT DRAWING INTO A 6-BY-10-FOOT OIL PAINTING. DURING THAT YEAR, THE AMERICAN LEGION WAS FORMED.

IN 1921, THE ARTIST ANNOUNCED HIS DESIRE TO HAVE IT PRESENTED TO THE NEW ORGANIZATION. FOLLOWING A CEREMONY IN PARIS, "AMERICA" ARRIVED AT AMERICAN LEGION NATIONAL HEADQUARTERS IN INDIANAPOLIS JUST BEFORE MEMORIAL DAY 1922, WITH THE FOLLOWING MESSAGE FROM THE ARTIST...

"TO YOU, SONS OF FREE AMERICA, SOLDIERS OF THE GREAT WAR, I DEDICATE 'AMERICA.' "

THE PAINTING HAD BEEN SIGNED BY ALLIED COMMANDERS GEN. JOHN PERSHING AND MARSHAL FERDINAND FOCH. IT WAS SOON SHIPPED TO NEW ORLEANS FOR DISPLAY IN A STORE WINDOW PRIOR TO THE 4TH NATIONAL CONVENTION THERE IN OCTOBER.

"IT GIVES ME THE GREATEST PLEASURE... TO KNOW THAT THIS PAINTING IS NOW IN THE HANDS OF MY AMERICAN COMRADES, WHOSE SERVICE TO FRANCE I HAVE SOUGHT TO PORTRAY AND IDEALIZE," RENI-MEL TOLD THE LEGIONNAIRES.

FROM THERE, THE PIECE WENT BACK TO AMERICAN LEGION NATIONAL HEADQUARTERS WHERE IT HAS HUNG - ASIDE FROM PERIODIC CLEANINGS - BEHIND THE CHAIR OF THE NATIONAL COMMANDER INSIDE THE NATIONAL EXECUTIVE COMMITTEE ROOM.

IN 1968, RENI-MEL VISITED NATIONAL HEADQUARTERS TO SEE HIS PAINTING, AND TO WISH THE ORGANIZATION AN EARLY 50TH BIRTHDAY.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of personal transportation... The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!"

—Dana S., Texas

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. It's sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. You can even gate check it at the airport like a stroller.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-411-0644

Please mention code 112564 when ordering.



Just think of the places you can go:

• Shopping • Air Travel • Bus Tours • Restaurants— ride right up to the table!

The Zinger Chair is a personal electric vehicle and is not a medical device nor a wheelchair. Zinger is not intended for medical purposes to provide mobility to persons restricted to a sitting position. It is not covered by Medicare nor Medicaid. © 2020 firstSTREET for Boomers and Beyond, Inc.

'Healing wounds'

Combat nurse recounts a complex journey from Vietnam to the National Mall.

The Vietnam War was raging as Diane Carlson Evans neared the end of nursing school. Seeing the war-wounded on TV news each night after class, and with two brothers in uniform, she knew where she wanted to take her training: the U.S. Army Nurse Corps.

Her time in country – 1968 and 1969 – was a relentless torrent of incoming wounded and enemy attacks. She first treated U.S. troops and civilians in a steamy evacuation hospital at Vũng Tàu. Then she asked for a transfer to Pleiku so she could be closer to the fighting. Her tour of duty – and years of struggle that followed – ultimately put her at the wheel of a decade-long movement to install the Vietnam Women's Memorial in Washington, D.C. No step in the journey was uncomplicated.

The American Legion played an important support role. When other veterans associations were cold to her idea of adding a memorial specific to women who served in the Vietnam War, American Legion Past National Commander Daniel Foley advised her to start with a resolution from her local post in River Falls, Wis. She shepherded the idea through the 1985 American Legion National Convention and the National Executive Committee's Fall Meetings that year. The national resolution proved vital as she overcame critics and unexpected obstacles between that time and the dedication on Veterans Day 1993.

"Healing Wounds: A Vietnam War Combat Nurse's 10-Year Fight to Win Women a Place of Honor in Washington, D.C." – published by Permuted Press and distributed by Simon & Schuster – goes on sale nationwide this month in bookstores and through online sellers.

More than the story of how a former nurse and American Legion member fought to get the memorial designed and installed on federal property, "Healing Wounds" is a vivid memoir – written with Oregon author Bob Welch – of the Vietnam War experience, its aftermath and reconciliation.

Of one moment during the war, she writes:

It was March 7, 1969: a mushrooming nightmare for our medical

team. Mass casualties. A "push." In came the wounded and sick. Out went our generator – not an uncommon occurrence but the first time it had happened during a mass-casualty situation, or "mass-cas" like the one we were facing. Ventilators can't pump oxygen into lungs when the generator dies. Pleiku's dust turned the chopper's landing zone into a whirl of crimson fog.

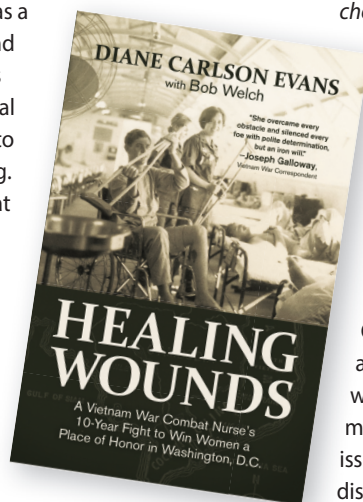
Litter-bearers shielded their eyes from the blowing reddish-orange grit as they ferried their wounded buddies into our heavily bunkered emergency room for triage ... Then came the final indignation: the sky began raining enemy fire ... Rockets pounded. Officers shouted instructions diffused by the noise. Chaos laughed in the face of whatever sanity was left.

After discharge from nearly nonstop combat, Carlson Evans was not the same. Caring for civilians at home did not compare to saving the lives of wounded soldiers. She re-enlisted and returned to military nursing until it became clear she had an issue of her own to address: post-traumatic stress disorder (PTSD).

"Healing Wounds" recounts her resolve, after leaving nursing, to simply lock the Vietnam War away.

The first major exception was attendance at the dedication of the Vietnam Veterans Memorial in Washington, where she was inspired to lead a campaign to specifically remember the more than 10,000 uniformed American women who served in the war, along with the other 265,000 women veterans of that time. That hard-fought accomplishment proved to be essential therapy, she explains in the book:

Life for me changed after the dedication of the Vietnam Women's Memorial. I had more time for my family. I started sleeping through the night. I exchanged letters with new friends and reacquainted with old friends. But as life relaxed, I was fighting my own old demons ... Vietnam would not go away. I went to the VA for help. And found it. I was not ashamed to be diagnosed with PTSD. For me, healing has meant remembering and honoring not just human beings but also memories. I look at them now without fear but a quiet reverence; they are a part of me and are what inspired me to continue to serve my country as an advocate for veterans.



CARLSON EVANS SCHEDULED FOR NATIONAL MEMORIAL DAY CONCERT

As the May *American Legion Magazine* was on its way to press, plans remained to honor more than 265,000 women who served in the U.S. Armed Forces during the Vietnam War, as part of the 30th National Memorial Day Concert on May 24 on the west lawn of the Capitol in Washington, D.C.

Diane Carlson Evans, founder of the Vietnam Women's

Memorial and former member of The American Legion's 100th Anniversary Honorary Committee, has been called upon to share stories from her fellow combat nurses as part of the event, set to be live-streamed by PBS and broadcast to U.S. military personnel stationed worldwide.

 pbs.org/national-memorial-day-concert

STARS STRIPES®



A PROUD SUPPORTER OF THE AMERICAN LEGION



Stars and Stripes provides independent news and information to the U.S. military community, including active-duty servicemembers, veterans, DoD civilians, contractors, and their families.

Unique among Department of Defense authorized news outlets,
Stars and Stripes is governed by the principles of the First Amendment.

AMERICAN LEGION MEMBERS RECEIVE

50% Off

Digital Access Subscriptions

Enter the coupon code: **LEGIONSTRONG**
when purchasing an annual subscription

When you subscribe to Stripes Digital Access

Get exclusive access to innovative digital features, interactive articles, award-winning photography and more. Enjoy unlimited access to the Stripes.com website and our Stars and Stripes mobile apps, all for a low annual subscription.

Stars and Stripes content features

- Exclusive reports on military matters
- Veterans topics
- Coverage of all military branches
- Special features on current issues
- Retrospectives such as Vietnam at 50
- Archive Photo of the Day
- Unbiased, First Amendment protected reporting from U.S. military bases around the world.

To thank you for your service and continued support of veteran issues,
Stars and Stripes is proud to offer American Legion members exclusive access to
our digital content for half the price.

Visit www.stripes.com/legion for more information



Photo by Ben Mikesell

WASHINGTON CONFERENCE

Oxford outlines Legion's legislative priorities

National Commander James W. "Bill" Oxford presented The American Legion's three-step mission at a joint session of the Senate and House Committees on Veterans' Affairs on March 11, the culmination of the Legion's annual Washington Conference.

"Implementation. Oversight. Improvement. That triad is the prevailing theme in The American Legion's legislative priority list for the second session of the 116th Congress," Oxford told a packed hearing room.

The theme is the logical follow-up to landmark legislation passed in recent years, including the VA MISSION Act, the Blue Water Navy Act and the Harry W. Colmery "Forever" GI Bill.

"Between Vietnam and 9/11, The American Legion and Congress worked together to reinvent VA, which is now described as 'the best care anywhere,'" Oxford said. "Today, so many of these issues, and new ones for a new generation, continue to occupy The American Legion's priority list."

Though the Legion recognizes that VA care isn't always the best option for veterans living in remote areas, Sen. Jerry Moran, R-Kan., emphasized the point while trying to assuage Legion concerns about privatizing the system.

"In my view, the MISSION Act is nothing to replace VA (but is providing care and services for those who in their best interest need another venue," said Moran, chairman of the Senate Veterans' Affairs Committee. He said many Kansans would have to travel great distances to obtain care from a VA facility.

Oxford's testimony was likely the last opportunity House Veterans' Affairs Committee Ranking Member Rep. Phil Roe, R-Tenn., will hear an American Legion national commander present congressional testimony. The physician and longtime Legionnaire will retire from Congress at the end of the year.

"It would be impossible for me to detail all the work that The American Legion has performed throughout your more than a century of service or the value that the Legion continues to bear on matters of military, veterans and national security policy," Roe said. "Thanks to our mutual efforts, I'm proud to report that veterans today have great access to care (and) greater control of their care than ever before."

Download The American Legion's Legislative Agenda:

 legion.org/publications

10 WAYS TO 'ACT LEGION'

National Commander Bill Oxford delivered the Commander's Call on March 10, calling on American Legion Family members to "act Legion" on the Hill – and all the time:

- Act in a nonpartisan way.
- Continue to support and improve the Legion's most important legislative accomplishment, the GI Bill, and its descendants.
- Protect the U.S. flag.
- Fight against privatizing VA.
- Reduce the suicide rate among veterans.
- Fight for Blue Water Navy Vietnam veterans.
- Protect veterans who are victims of military sexual trauma.
- Ensure that all servicemembers are paid during government shutdowns.
- Continue service at home, through American Legion programs that mentor youth and support veterans in need, as well as the Veterans & Children Foundation.
- Salute World War II veterans, often called the "greatest generation."

"Acting Legion means celebrating our past without sacrificing the energy and excitement that we must bring to our second century," Oxford said. "We have four solid pillars: National Defense, Veterans Affairs, Children & Youth and Americanism. All of these offer opportunities in which we can 'act Legion.'"

"You all are better than anybody else to remind members of Congress of the big issues: What America is, what America has done, is built upon the sacrifices of the men and women who served."

Rep. William "Mac" Thornberry, R-Texas, ranking member of the House Armed Services Committee and recipient of the 2020 American Legion Distinguished Public Service Award



Photo by Ben Mikesell

200 Registered job seekers who attended the American Legion-Hiring Our Heroes career fair March 5 at the Washington Hilton. Dozens of employers – from national companies such as Lowes, Raytheon and Hilton, to federal agencies like VA and the Transportation Security Administration – were on hand to meet them.



AMERICA'S #1 STAIRLIFT BRAND

**AN ACORN STAIRLIFT IS THE
PERFECT SOLUTION FOR:**

- ✓ Arthritis/COPD sufferers
- ✓ Those with mobility issues
- ✓ Anyone who hurts using the stairs



ACCREDITED
BUSINESS



CALL TO SAVE!

**SAVE
\$250.00***

Plus receive your **FREE** stairlift
buying guide, info kit & DVD!

DON'T WAIT, CALL TODAY!

**SPECIAL
OFFER
FOR
VETERANS**

**CALL NOW
AND SAVE!**

1-866-695-5426

*Not valid on previous purchases. Not valid with any other offers or discounts. Not valid on refurbished models. Only valid towards purchase of a NEW Acorn Stairlift directly from the manufacturer. \$250 discount will be applied to new orders. Please mention this ad when calling. AZ ROC 278722, CA 942619, MN LC670698, OK 50110, OR CCB 198506, RI 88, WA ACORNSI8940B, WV WV049654, MA HIC169936, NJ 13VH07752300, PA PA101967, CT ELV 0425003-R5, AK 134057, HIC.0656293.



Roosevelt's Masterpiece

ICONIC \$10 INDIAN HEAD GOLD EAGLES!

**NOW JUST
1.5%
OVER SPOT**

The \$10 Indian Head has taken its place at the
table as the most beautiful coin produced in U.S. history.

Its large size and exquisite detail made it the #1 U.S. rare coin of all time!
Paramount Rare Coin acquired a small collection of these coveted
\$10 Indian Heads at a price point not seen in years!



www.paramounttrcc.com • 230 Country Lane Dr. • Lumberton, TX 77657

AMERICAN
NUMISMATIC
ASSOCIATION



We reserve the right to withdraw this offer at any time. Coins shown not actual size.
VV#ALPR0520





Mark Clark leads prayer at Samuel Woodfill American Legion Post 9 in Madison, Ind., on Aug. 22, 2019. Photo by Ben Mikesell

LEGION RIDERS

Riders chairman: 'Put on that vest with pride'

Legionnaire Mark Clark has participated in seven American Legion Legacy Runs and served on the national American Legion Riders Advisory Committee. But his Rider responsibilities, and their scope, have expanded since he became the committee's new chairman, as well as taking over as chief road captain for this year's Legacy Run.

A 15-year member of Tirey J. Ford American Legion Post 21 in Independence, Mo., Clark was the Department of Missouri's American Legion Riders director from 2012 to 2014. He also served as the chaplain on the past two Legacy Runs.

Clark recently spoke to *The American Legion Magazine* about his new roles, the Legacy Run, and why the American Legion Riders are a critical part of the Legion Family.

What will your focus be as the national American Legion Riders Advisory Committee chairman?

My focus is really going to be on training and awareness. One of the challenges we have as Riders is that we join because we love to ride motorcycles. But there's not a formalized training program, or it isn't necessarily a focus to help the American Legion Riders learn how the different organizations within the American Legion Family work.

We need to be involved in our parent organizations. We have to remember, I can't be a Rider if I'm not a Legionnaire, an SAL member or member of the Auxiliary. Those parent organizations have to come first in this organization. We have to understand how they function to effect positive

change. Until we bridge that gap, we're never going to build that consensus within a post or department to maximize the capabilities the American Legion Riders bring to the fight.

What's it like to assume the role of chief road captain?

It's really humbling ... understanding that we have Legion Family members who are going to travel from all over the country – some from outside the country – to participate in that ride. And they're counting on me and the team we've assembled to make sure we get that ride done safely and properly. Nobody wants to be part of a clown circus.

What would you like to tell the nation's Legion Riders?

What you're doing is incredibly important for the future of The American Legion. On the back of your vest is a patch that ties us to an organization that has been the centerpiece of American society for over 100 years. (It) represents to the community that we're part of this fantastic American Legion Family, and we have an obligation to do things right while we're wearing it. I wear my vest everywhere I go, like most Riders do. Even if I'm running to the store to get a loaf of bread, I put my vest on if I'm on the bike, and people will stop and talk to me about it. So for the Riders out there who get up every day and put on that vest with pride, I just want to say "thank you," because it really does matter that you're representing the American Legion Family.

– Steve B. Brooks

HONOR

World War II Legionnaires asked to share their stories

The American Legion Magazine and its digital media platforms plan to honor the men and women who served in World War II and then continued that service in The American Legion. Resolution No. 6, passed by the Legion's National Executive Committee in 2019, calls on the Media & Communications Commission and the Marketing Commission to produce materials for use by departments and posts to honor "the greatest generation."

Individual Legionnaires and posts are invited to collect personal anecdotes and local developments about the World War II generation through the online platform at legion.org/legiontown under "My WWII Story." Accepted submissions will be posted for viewing on the site, and selected contributions will be used in the September issue. For guidance on how to collect stories, provide photos and help with this project, visit legion.org/publications.

THESE COLORS DON'T RUN

MEN'S HOODIE

Bold American Eagle Artwork on Back



An Easy-Care, Cotton Blend
with Thermal Knit-Lined Hood



Available in Five Men's Sizes—
Medium to XXXL

POWERFUL AND PATRIOTIC STYLE

Honor the red, white and blue with a mighty statement that captures the strength of our great nation. Our **"These Colors Don't Run" Men's Hoodie** is a strong display of American pride. Crafted in a navy blue cotton-blend knit, our hoodie features original art on the back of a fierce American eagle ready to rip through the fabric with its sharp talons. Below this dramatic design are the words "These Colors Don't Run." An embroidered American Flag patch adorns the front along with classic zip front styling, two front pockets, rib knit cuffs and hem, a hood with gray thermal knit lining and silver-tone metal tippets on the drawstring cords. Imported.

EXCEPTIONAL VALUE; SATISFACTION GUARANTEED

This hoodie is available in 5 sizes medium to XXXL and at a superb value at \$99.95*, payable in three convenient installments of \$33.32 each and backed by our 30-day guarantee. Sizes XXL and XXXL, add \$10. Send no money now; just return the Priority Reservation. You won't find this exclusive design in stores. So don't miss out—order yours today!

Order online at bradfordexchange.com/30713

©2019 The Bradford Exchange

01-30713-001-BIBR

PRIORITY RESERVATION

SEND NO MONEY NOW



9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the "These Colors Don't Run" Men's Hoodie for me as described in this announcement, in the size indicated below.

Please Respond Promptly

☐ Medium (38-40) 01-30713-011

☐ XXL (50-52) 01-30713-014

☐ Large (42-44) 01-30713-012

☐ XXXL (54-56) 01-30713-015

☐ XL (46-48) 01-30713-013

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

Email

E94901

*Plus \$11.99 shipping and service. Please allow 2-4 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

MEMBERSHIP

Illinois post doubles as fitness center

The new American Legion Post 2020 in Arlington Heights, Ill., doubles as Three60fit, a fitness center where members go to get healthy and find fellowship.

It's the creation of Christian Koshaba, post commander, and Matthew Monson, vice commander. An Air Force veteran, Koshaba experienced a severe hand injury while vacationing in New Zealand in 2010. "A surgeon told me I would never use this hand again," he says. "It rocked me to my core, because before the military, I was an art major."

During his rehabilitation at a VA clinic, Koshaba reflected on more serious physical and emotional wounds suffered by other veterans. "It created a fire within me, seeing what these men and women went through," he said.

He met Monson, a Marine Corps veteran, at a fitness center. Monson joined The American Legion soon after leaving the military in 2007. "I made about 50 new best friends," he says. "It meant a lot because I am not from here."

While exercising and sharing stories about their service, he and Koshaba talked about founding an American Legion post that focuses on fitness and families.

"There have been several guys who came to us when they were going down that path to hurt themselves," Monson says. "We've been able to pick a few of them up. We are making a difference, and that gives us a lot of energy."



Christian Koshaba, center, is commander of American Legion Post 2020 and owner of Three60fit. Photo by Camille Fine

One of those veterans is Brandon Landrum, an Army veteran who moved to the Chicago area in January. He says Post 2020's fitness center helped him overcome PTSD.

"I have seen it, veterans getting lost in the cracks," he says. "Christian has taught me that PTSD is something that can hold me down but also build me up. Having these guys around me, I feel safe."

Three60fit offers more than just group workouts, Koshaba says. There's also Bibles and Biceps,

a 45-minute workout followed by a Bible study and prayer.

That's how Landrum was introduced to the post, and he and Koshaba reconvened the next day. "Once I told Brandon my story, the floodgates opened up. I learned how much we had in common – not just our military background, but with our families. Being open, for these guys, is a big thing."

He adds, "Through the Legion these families are going to want to be involved, too."

Koshaba wants to continue to increase the number and types of fitness classes, and plans to move in August to a new, 6,000-square-foot space. "Getting the charter was just buckling my seatbelt," he says. "It's only just begun."

– Henry Howard

Watch a video online: legion.org/legiontv

MEDIA

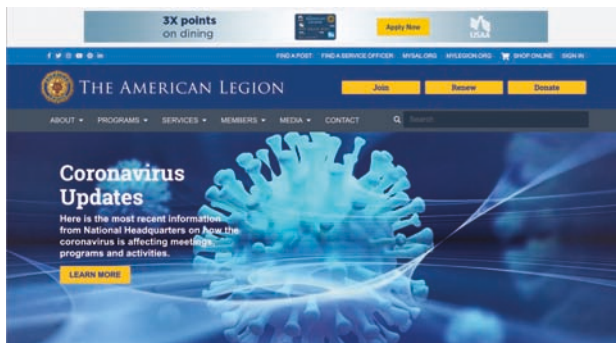
The American Legion's response to coronavirus crisis

With the United States under siege from COVID-19, The American Legion is prioritizing the safety of its members, employees and those who participate in the programs that benefit veterans, servicemembers, their families, the nation's youth and more.

At the same time, the "social distancing" policy has affected the Legion's ability to conduct business as usual. The Legion has developed a special web page that delivers timely updates, resources and more information about how the coronavirus is shifting plans.

The page includes:

- News about how American Legion posts are serving their communities during the crisis.
- Information about how the pandemic is affecting American Legion programs.
- Regular updates from National Commander Bill Oxford.



- A link to Buddy Check kits that posts can use to do wellness checks on veterans through phone calls and emails.

legion.org/coronavirus

IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

Did you know that 18% or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty™ can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.



MEN'S LIBERTY IS COVERED BY MEDICARE!

"I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend." – John in Michigan

Confidence. Regain your freedom & mobility.

Men's Liberty is a life-changing solution. One unit keeps you dry for up to 24 hours. This patented and proprietary external collection device for men ends dependency on adult absorbent briefs, pads and condom catheters — making embarrassing accidents a thing of the past!

Dependable - more than 5 million have been used.

Until Men's Liberty, men with urinary incontinence faced only uncomfortable choices. Men's Liberty will keep you dry and comfortable both day and night.

Comfortable - discreet, non-invasive.

Men's Liberty is external and non-invasive. The proprietary design fits most anatomy and flexes as you move. One unit will keep you dry day and night.

Affordable - available to most for little to no out-of-pocket cost.**

Adult diapers can cost up to \$200 a month when used regularly. Men's Liberty is covered by Medicare, VA/TriCare and over 3,000 insurance plans. We handle all paperwork, claims and billing your insurance or Medicare provider. If you're ready to save thousands of dollars a year, get your insurance card and give us a call today.

Call Today and Receive a Free Week's Supply* with your First Order! promo code: AML0520

1-833-501-7581

*Free weeks supply is shipped after your first full order and requires a doctor's authorization and qualification. **Patient is responsible for payments not made by Medicare or Insurance including co-pays and deductibles. Some restrictions and conditions apply.



Men's Liberty™

www.LiveMensLiberty.com



MADE IN USA



Photo courtesy National Cemetery Administration

VETERANS BENEFITS

Pre-need eligibility offers peace of mind

Many veterans don't realize that their military service entitles them to be interred in a national cemetery at no cost to them or their families.

Even if you never received disability or any other benefit from VA, if you served on active duty and were discharged under conditions other than dishonorable, you are eligible. If you served in the National Guard or reserve and were mobilized or served long enough to earn a retirement, you are eligible. Yet most veterans and their families don't take advantage of this benefit, which would save them thousands of dollars. The best, most effective way to ensure you get the burial or memorial benefits you and your spouse have earned from military service is through a VA program called Pre-Need Eligibility (Pre-Need).

Pre-Need establishes eligibility for VA burial and memorial benefits before you die, so your family doesn't have to go searching for documentation at the time of your death. Simply fill out VA Form 40-10007 and mail it in to the St. Louis office indicated on the top of the form. You can print out a form or fill it out online at www.cem.va.gov/pre-need.

VA will review your application, and you will get a letter confirming or denying eligibility. If approved, place the letter in a safe location, inform your family and rest easy.

Pre-Need Eligibility provides veterans and their families with peace of mind. This information is particularly important for members of the National Guard and reserve, many of whom don't realize that their service entitles them to burial benefits.

There are some nuances for reservists, who may have to provide additional documentation if a mobilization isn't documented on their DD 214, so it is even more important for them to apply for Pre-Need.

Waiting for your family to try to establish your eligibility at the time of death can sometimes result in a non-eligible decision with little or no time to provide additional information. You owe it to your family to take care of this while you are still alive.

If a VA national, state or tribal veterans cemetery is

selected as the final resting place, a veteran will receive the following: gravesite, opening and closing of the grave, grave liner, and perpetual care of the gravesite. Also included are memorial benefits such as a headstone, marker or cover for a columbarium niche.

All are free, which means saving the veteran's family thousands of dollars. The veteran's spouse, as well as minor children and unmarried adult children who legally rely on the veteran for support, are also eligible for interment free of charge, typically in the same grave or columbarium niche as the veteran.

If the veteran chooses interment in a private cemetery, he or she can still have a free government-furnished headstone, marker or cover. If the veteran chooses to be buried in a private cemetery with a privately purchased headstone, marker or niche cover, the family may request a free bronze medallion with the word "Veteran" and the appropriate branch of service to attach to the headstone. Each veteran's family also receives a burial flag.

At many VA national cemeteries, NCA partners with local military units or veterans service organizations to provide deceased veterans with military funeral honors, including the playing of taps and presentation of the burial flag. Finally, upon request, the veteran's family will receive a Presidential Memorial Certificate signed by the president. Multiple copies can be requested.

VA encourages all veterans to take advantage of Pre-Need Eligibility to ensure that they, and their families, know their eligibility status in advance. While families can always apply for the benefit at the time of death, applying in advance brings peace of mind and can help resolve eligibility problems ahead of time, when the person who knows the most about his or her service – the veteran – is still around to answer questions.

– Office of Engagement and Memorial Innovations,
National Cemetery Administration (NCA)

Learn more about VA burial and memorial benefits:



www.cem.va.gov

HARBOR FREIGHT

QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

1,000+ Stores Nationwide • HarborFreight.com

McGRAW SUPER COUPON

20 GALLON
OIL-LUBE
AIR COMPRESSOR

Customer Rating
★★★★★

NOW \$164.99 ~~\$189.99~~

ITEM 56241/64857 shown

COMPARE TO
PORTER-CABLE
\$249.99

SAVE \$85

MODEL: 11898799

19372595

LIMIT 1 - Coupon valid through 6/14/20*

- Powerful induction motor won't trip your breaker
- Easy access drain valve
- Protective shroud



WOW! SUPER COUPON

SAVE 81%

4-IN-1 SCREWDRIVER

PITTSBURGH Customer Rating ★★★★★

- Soft-grip handle
- Stores bits
- 2 slotted
- 2 Phillips head

NOW \$74.99 ~~\$199~~

ITEM 39631/69470 61988 shown

19375245

COMPARE TO \$397 HDX MODEL: 126SD120

LIFETIME WARRANTY

Coupon valid through 6/14/20*

SCISSOR SUPER COUPON

20% OFF

ANY SINGLE ITEM*

19361469

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 2 day Parking Lot Sale item, compressors, floor jacks, sales, storage cabinets, chains or tools, trailers, welders, Admiral, Ames, Atlas, Bauer, Central Machinery, Cobra, CoverPro, Dayton, Diamondback, Earthquake, Fisher, Hercules, Iron, Japhet, Lyster, Pelican, Predator, Ridgid, Tangle, Viking, Vortex, Zurich. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 6/14/20.

HaulMaster SUPER COUPON



72" x 80" MOVING BLANKET

Customer Rating ★★★★★

COMPARE TO BLUE HAWK \$19.99

SAVE 70%

NOW \$5.99 ~~\$19.99~~

ITEM 69505/62418/66537 shown

MODEL: 77280

19382433

LIMIT 4 - Coupon valid through 6/14/20*

CENTECH SUPER COUPON

Customer Rating ★★★★★

3-IN-1 PORTABLE POWER PACK WITH JUMP STARTER



NOW \$59.99 ~~\$89.99~~

SAVE 33%

COMPARE TO SUPER START MODEL: 55001

ITEM 38391/62376/64083/56349/62306 shown

MODEL: 55001

19384852

LIMIT 1 - Coupon valid through 6/14/20*

HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIRS

- Folding side table
- 3 side pockets

YOUR CHOICE OF COLOR NOW \$19.99 ~~\$29.99~~

BLUE ITEM 56719

GREEN ITEM 63066/62314 shown

19384950

LIMIT 4 - Coupon valid through 6/14/20*

Quantum SUPER COUPON

588 LUMEN TACTICAL FLASHLIGHT

Customer Rating ★★★★★



SAVE 83%

ITEM 64799/63934 shown

MODEL: 63934

NOW \$9.99 ~~\$14.99~~

COMPARE TO STREAMLIGHT MODEL: PROTAC 1L

19387493

LIMIT 4 - Coupon valid through 6/14/20*

U.S. GENERAL SUPER COUPON

26" x 22" SINGLE BANK EXTRA DEEP CABINET

• 9800 cu. in. of storage

NOW \$219.99 ~~\$299.99~~

COMPARE TO SNAP-ON \$1,750

ITEM 64434, 56105, 64432, 56104, 64162, 56106

SAVE \$1,470

MODEL: KRA4008FPB0

19394855

LIMIT 1 - Coupon valid through 6/14/20*

PITTSBURGH SUPER COUPON

40 PIECE, 1/4" AND 3/8" DRIVE SAE AND METRIC SOCKET SET



COMPARE TO CRAFTSMAN MODEL: CMWT12018

ITEM 47902/975/61328/63015/62843 shown

MODEL: CMWT12018

19396147

LIMIT 4 - Coupon valid through 6/14/20*

PORTLAND SUPER COUPON

1750 PSI ELECTRIC PRESSURE WASHER

- 1.3 GPM
- Adjustable spray nozzle

NOW \$79.99 ~~\$99.99~~

COMPARE TO BRIGGS & STRATTON \$174.44

MODEL: 20600

ITEM 63255 63254 shown

19401120

LIMIT 2 - Coupon valid through 6/14/20*

HARDY SUPER COUPON

MECHANICS GLOVES

AVAIL. IN SM, MED, LG, XL, XXL

SAVE 66%

COMPARE TO VALEO \$14.99

MODEL: 25521

NOW \$4.99 ~~\$14.99~~

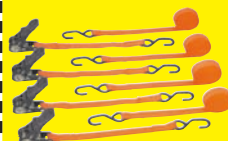
ITEM 62434, 62426, 62433, 62432, 62429, 64179, 64208, 64178 shown

19401712

LIMIT 4 - Coupon valid through 6/14/20*

HaulMaster SUPER COUPON

4 PIECE, 1" x 15 FT. RATCHETING TIE DOWNS



• 400 lb. working load

Customer Rating ★★★★★

NOW \$6.99 ~~\$12.99~~

ITEM 90984/63056 63057/63150 56668/63094 shown

COMPARE TO KEEPER \$22.80

MODEL: 5505

SAVE 69%

19401966

LIMIT 4 - Coupon valid through 6/14/20*

PITTSBURGH SERIES 2 SUPER COUPON

"1 SELLING JACKS IN AMERICA"

RAPID PUMP® 3 TON STEEL HEAVY DUTY FLOOR JACK

• Weighs 70 lbs.

Customer Rating ★★★★★

NOW \$89.99 ~~\$99.99~~

COMPARE TO POWERBUILT MODEL: 647993

ITEM 56621/56622 56623/56624 shown

MODEL: 647993

19406696

LIMIT 1 - Coupon valid through 6/14/20*

HaulMaster SUPER COUPON

18" WORKING PLATFORM STEP STOOL



• 350 lb. capacity

NOW \$19.99 ~~\$29.99~~

ITEM 62515/66911 shown

COMPARE TO NEOCRAFT MODEL: 60635

19407431

LIMIT 3 - Coupon valid through 6/14/20*

COVERPRO SUPER COUPON

10 FT. x 17 FT. PORTABLE GARAGE



Customer Rating ★★★★★

NOW \$169.99 ~~\$199.99~~

COMPARE TO SHELTER LOGIC MODEL: 76377

ITEM 62859/63055 62860 shown

19407506

LIMIT 1 - Coupon valid through 6/14/20*

TAILGATOR SUPER COUPON

900 WATT MAX. STARTING 2 CYCLE GAS POWERED GENERATOR



• 5 hour run time

NOW \$109.99 ~~\$124.99~~

COMPARE TO POWERSMART MODEL: PSS0

ITEM 63024/63025 shown

MODEL: PSS0

19409541

LIMIT 4 - Coupon valid through 6/14/20*

HaulMaster SUPER COUPON

TRIPLE BALL TRAILER HITCH



COMPARE TO REESE TOWPOWER \$59.99

MODEL: 10117979

19416267

LIMIT 3 - Coupon valid through 6/14/20*

CHICAGO ELECTRIC POWER TOOLS SUPER COUPON

6AMP VARIABLE SPEED RECIPROCATING SAW



Blade sold separately.

NOW \$19.99 ~~\$28.99~~

COMPARE TO PORTER-CABLE \$59.98

MODEL: PC360

ITEM 65570/61884/62370 shown

19421994

LIMIT 4 - Coupon valid through 6/14/20*

HaulMaster SUPER COUPON

18" x 12" MOVER'S DOLLY



Customer Rating ★★★★★

• 1000 lb. capacity

NOW \$7.99 ~~\$10.99~~

COMPARE TO BUFFALO TOOLS \$22.99

MODEL: HDFOOLLY

ITEM 60497/62399/63095/63096/63097/63098 shown

19422653

LIMIT 4 - Coupon valid through 6/14/20*

*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 6/14/20.

PERSONAL FINANCE



Will the SECURE Act make retirement more secure?

FOCUS ON FINANCES



J.J. MONTANARO

Will the most significant tax legislation since 2006 be a boom or bust for you in retirement? The reality: probably neither. There are some exciting provisions within the law, some to frown at, and a whole lot of “the ball remains in your court.”

In other words, what has and is likely to happen in Washington is not going

to be the difference-maker as you prepare for or live in retirement. Beyond the changes, my biggest takeaway from the new law is the not-so-subtle reminder that tax laws are written in sand, not stone.

Let’s look at important provisions within the Setting Every Community Up for Retirement Enhancement (SECURE) Act:

- **Stretch IRA is eliminated.** Under the old rules, designated beneficiaries of retirement plans and IRAs were only required to withdraw money out of those retirement accounts based on their life expectancies. This allowed beneficiaries to reap the tax advantages of those plans over what could be decades. The new rules require most beneficiaries to have liquidated the account within 10 years. A few groups of eligible designated beneficiaries can continue using the old stretch rules: surviving spouses, disabled or chronically ill individuals, beneficiaries less than 10 years younger than the original owner, and – until they reach the age of majority – the original account owner’s minor children. The new rules are generally applicable for deaths on or after Jan. 1, 2020, and they don’t kick in for certain plans, including the government’s Thrift Savings Plan, which is governed by the old rules until Jan. 1, 2022.

- **The Required Minimum Distribution start date is now age 72.** The tax benefits of IRAs and other retirement accounts don’t last forever. Rest assured, Uncle Sam is going to get his. RMD rules require money to be withdrawn from all retirement accounts other than Roth IRAs. The SECURE Act pushes the starting age of those RMDs from 70½ to 72. The new rule applies to those who turn 70½ after Jan. 1, 2020.

- **You can make lifetime contributions to your IRA.** If you still have what the IRS defines as “compensation,” you are no longer prohibited from making contributions to a traditional IRA at age 70½. Keep on saving.

- **Kiddie tax reverts to old rules.** In a clear example of the sandy nature of tax rules and regulations, the rules regarding taxation of unearned and investment income for those younger than 18 (or certain students) have changed again. Just a couple of years after the Tax Cuts and Jobs Act called for the income to be taxed at trust rates, the SECURE Act changed the rules back to how they were before the TCJA. This type of income is again taxed at the parents’ marginal rate. There may be an opportunity for affected taxpayers to amend prior year returns.

- **Qualified 529 college savings withdrawals have been expanded.** Beginning in 2020, up to \$10,000 – a lifetime limit – can be withdrawn tax-free and used to pay student loans.

- **It’s easier to generate lifetime income.** The law includes several provisions designed to encourage and make it easier for businesses to set up and maintain employer retirement plans, and for U.S. workers to save for and generate lifetime streams of income in retirement.

- **Distributions for adoption or childbirth are penalty-free.**

There are numerous situations in which an early withdrawal from an IRA or retirement plan is not hit with an additional 10 percent tax or penalty. The SECURE Act adds the birth or adoption of a child to the list. In this case, there’s a \$5,000 exception per child.

While it may not make your retirement a whole lot more secure, the SECURE Act should certainly provide the necessary motivation to revisit your plans for retirement and talk with your estate planner and tax adviser to ensure your plan makes sense in the context of this year’s set of new rules.

J.J. Montanaro is a certified financial planner with USAA, The American Legion’s preferred provider of financial services. Submit questions for him online.

legion.org/usaa/focusonfinances

EDUCATION

Chapter 31 benefits and disability ratings

MY GI BILL

VETERANS & EDUCATION
BY VALERIE HEFFNER

Q: *I was injured in the military and will soon be discharged. I’ve heard I may still apply for VA Vocational Rehabilitation and Employment Chapter 31 education benefits. I want to go to school to start the next chapter in my life. Is it possible to sign up for Chapter 31 if I haven’t received a service-connected disability rating?*

A: You do not need to wait for the rating to complete VA Form 28-0588. You may be eligible if you’re going through the Physical Evaluation Board process, expecting an other-than-honorable

discharge and have a VA memorandum rating of 20 percent or more, or have been entered into the Integrated Disability Evaluation System. Once you have completed the form, VA will contact you to schedule a meeting with a vocational rehabilitation counselor (VRC). The VRC will determine if you will be eligible for Chapter 31 benefits.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz.
askvalerie@legion.org

HONOR HIS PAST. SECURE HER FUTURE.



Including The American Legion in your estate plans is one of the simplest ways to make a lasting impact on the lives of both veterans and future generations.

For more information:
plannedgiving@legion.org
 317.630.1229
legion.org/plannedgiving

EIN 90-101797 | Legal Name:
 American Legion Charities, Inc.
 700 N. Pennsylvania St.
 P.O. Box 1055, Indianapolis, IN 46206

Classic Silver of the Greatest Generation



As low as \$14

Get a great price on original 1916-1947 U.S. Walking Liberty silver half dollars! This superlative half dollar is regarded as one of America's finest coin designs. The 90% silver coins were often carried as good luck pieces in the pockets of WWII service men. Nicely detailed Very Fine quality. Our choice of dates. 1 for \$14.95 (#47279). 10 for \$140 (\$14 each). 30-Day No-Risk Guarantee. NO CLUBS TO JOIN; NO ON-APPROVAL COINS SENT.

International Coins & Currency
 62 Ridge St., Dept. N5876, Montpelier, VT 05602
1-800-451-4463
www.iccoin.com/n5876

Make Stumps Disappear with a DR® Stump Grinder!



CARBIDE-TIPPED TEETH take 360 "bites" per second, reducing stumps to sawdust in minutes!

FASTER, SAFER, AND EASIER than digging, burning, or using chemicals.

TOWABLE with your riding mower or ATV.



Self-Propelled Model Available!



TAEDCX © 2020

FREE SHIPPING 6 MONTH TRIAL

SOME LIMITATIONS APPLY

Go Online or Call for FREE Info Kit!

DRstumpgrinder.com
TOLL FREE 888-208-5806

*Assembled in the USA using domestic and foreign parts.



inogen

READY TO TAKE YOUR LIFE BACK?

Enjoy the freedom of portable oxygen therapy.



Over 850,000 people in 47 countries have taken their lives back with a lightweight Inogen One portable oxygen concentrator. Dealing with a chronic respiratory disease, such as COPD, is burdensome enough without having to struggle with heavy tanks, constant refills, or being tethered to a stationary system. For nearly 20 years, Inogen has been the global leader in portable oxygen concentrators, exclusively dedicated to innovative oxygen solutions. It's time to reclaim your freedom and live your life in moments, not minutes left in an oxygen tank.

Call NOW and speak with an Inogen Oxygen Specialist to request your free informative brochure or to take advantage of our 30-Day Risk Free Trial*!



1-800-635-1762



MKT-P0147
 © 2020 Inogen, Inc. All rights reserved.

*Applicable for purchases only. Restocking fee may apply.

How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

15th Bomb Grps (WWII), Albuquerque, NM, 9/10-13, Dave Blake, (913) 523-4044, reunion@461st.org; **32nd TFS Sec Police & Law Enforcement (1973-1979)**, Plymouth, MN, 6/22-27, Barry Archer, (515) 419-3758, barryarcher70@yahoo.com; **76th Engineers**, Lebanon, TN, 8-27-29, Richard Cerone, rferone@gmail.com; **366th Ftr Assn "Gunfighters" - 366th TFW, FW, FBW, W, Sqdns (All Units, WWII-2020)**, Tucson, AZ, 10/7-10, Branch Davis, (904) 721-3275, gunfighters2020@comcast.net; **656th Radar Sqdn**, Tucson, AZ, 9/21-25, John Tianen, (520) 749-2220, jtianen@earthlink.net; **AC-119 Gunship Reunion XXI**, Fort Walton Beach, FL, 10/28-11/1, James Dunn, (517) 669-9216; **B-52 Stratofortress Assn - Crew, Maint, Support, KC-135 Crew**, Seattle, 8/27-30, Stephen Miller, (602) 526-4021, milleronglen@aol.com; **B-57 Bommers Assn BLMF**, Fairborn, OH, 10/19-22, Bob Herman, (586) 915-0042, rherman2@comcast.net; **Nuclear Wpns Tech Assn, 75th Anniv of Nuclear Age, 75th Anniversary of the Nuclear Age**, Tucson, AZ, 9/17-19, Brad Pittson, (201) 925-8536, scouter463@outlook.com; **RAF Station Upper Heyford AFB (All Units, 1950-1993)**, St. Charles, MO, 10/6-11, Sherry Mills, (719) 380-1412, sherry@acompletetereunion.com

ARMY

1st Bn 8th Cav & Attached Personnel (Vietnam), Gettysburg, PA, 9/21-24, James Knafel, (260) 244-3864, jjknafel@gmail.com; **2nd Armd Div Assn**, Kansas City, MO, 9/23-27, Richard Smith, (203) 723-7425; **2nd Bn 94th Arty**, Clarksville, TN, 9/15-19, Felton Dunneho, (337) 513-8320, feltdun@msn.com; **2/1 Cav Assn**, San Antonio, 8/18-20, Tom Fey, (303) 619-7571, tomefey@gmail.com; **3rd Bde 82nd Abn Div (Vietnam)**, Pittsburgh, 9/9-13, Richard O'Hare, (804) 338-8222, gbc82abnvn@aol.com; **3rd Bn (Abn) 4th Air Def Arty Rgt**, Nashville, TN, 7/3-6, Roz Parra, (562) 805-1158, roz.parra@gmail.com; **4th Bn 9th Inf Rgt Manchou**, Minneapolis, 9/16-19, Bob Iannoni, (317) 745-4287, bobi99@hotmail.com; **8th Armd Div Assn**, Herndon, VA, 9/4-6, Anthony Waskie, (215) 423-3930, awaski01@gmail.com; **11th Special Forces**, Youngstown, OH, 8/11-11, Dave Nesline, (330) 618-5855, tdnesline@sbcglobal.net; **24th Inf Div**, Columbus, IN, 10/7-11, Jack Johnson, (816) 305-4571, jackjohnson@embarqmail.com; **27th Inf Rgt (Wolfhounds)**, Lexington, KY, 8/16-23, Dave Shepherd, (859) 428-1932, shep227@gmail.com; **39th Cbt Eng Bn**, Dayton, OH, 9/30-10/4, Bill Ray, (817) 239-0787, bill39th@sbcglobal.net; **106th Inf Div**, Kansas City, MO, 9/9-13, Wayne Dunn, (410) 409-1141, waynedunn@comcast.net; **314th/315th Inf Rgt, 79th Inf Div (WWII)**, Charleston, SC, 10/8-11, Tommy Howe, (301) 475-2716, thowe50@gmail.com; **341st Med Grp (Opn Desert Shield/**

Storm), Dallas, 10/10-11, Jodie Kelley, (719) 683-7319, jodiekelley@pcsisys.net; **509th Eng Co Panel Bridge (1965-1971)**, Springfield, IL, 7/29-8/1, David Smith, (217) 246-2495, agsolutions@pwr-net.coop; **629th/178th Ord Supply Co (Qui Nhon, Vietnam)**, Branson, MO, 8/23-28, Gary Matthews, (712) 485-2422, gmatt41347@aol.com; **Aerial Rocket Arty Assn**, Savannah, GA, 8/31-9/4, Herb Hirst, (503) 647-4600, hirst@q.com; **ASA Okinawa**, Columbus, GA, 9/16-20, Gary Duenow, (319) 393-2234, thedue60@yahoo.com; **C Btry 3rd Bn - 43rd Air Def Arty "Guardians of the Flame" (Opn Desert Shield/Storm, 1990-1991)**, El Paso, TX, 5/7-9, 2021, T.J. Court, (915) 929-5686, tj.courtney@gmail.com; **Nat'l 4th Inf (IVY) Div Assn**, Colorado Springs, CO, 6/22-28, Glen "Rusty" Armstrong, (414) 630-2484, ivyleaveseditor@gmail.com

COAST GUARD

Northwest CG Reunion - All CG Welcome, Coeur d'Alene, ID, 9/25-27, Darlene Amundson, (208) 292-4840, busypartyplanner@gmail.com

MARINES

1st Bn 4th Mar Assn, Orlando, FL, 9/14-18, Thurman Moore, (314) 223-5932, t.moe@sbcglobal.net; **7th Eng Bn (Vietnam)**, Washington, DC, 9/10-13, Norm Johnson, (810) 300-0782, nwgi@outlook.com; **F Co 2nd Bn 7th Mar (Vietnam)**, South Portland, ME, 7/19-24, Ron Gryn, (352) 638-2872, boatmanron@gmail.com; **Golf 2/7 (Vietnam, 1965-1970)**, Carson City, NV, 9/2-6, Travis Skaggs, (775) 291-6813, tskaggs6@email.com; **Mar Air Traffic Cntl Assn (MATCA)**, San Antonio, 9/23-27, Stephen Harris, (509) 499-8137, sandkh2@gmail.com

NAVY

Abraham Lincoln SSBN 602, Charlotte, NC, 10/29-11/1, Greg Crystal, (704) 608-9136, gcrystalssbn602@gmail.com; **Akutan AE 13**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Alfred A. Cunningham DD 752**, Long Beach, CA, 9/20-24, John Keith Johnstone, (414) 762-7587, johnstone752@att.net; **Altair AKS 32**, Pigeon Forge, TN, 9/27-10/1, Bruce Davis, (321) 278-8068, bandedavis@bellsouth.net; **American Assn of Navy Hospital Corpsmen**, Corpus Christi, TX, 9/23-26, Eric St. Louis, (978) 376-7049, eamsh1@comcast.net; **Arctic AOE 8**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Assn of Minemen**, North Charleston, SC, 10/15-18, R.D. Schommer, (843) 797-3715, rschommer@bellsouth.net; **Butte AE 27**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Caloosahatchee AO 98**, Newport, RI, 10/8-11, Mark Bienz, (540) 899-2974, mbienz@aol.com; **Camden AOE 2,**

Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Capodanno FF 1093 & Trippe FF 1075**, Nashville, TN, 9/11-13, Patrick Siwa, (810) 728-2762, patricksiwa@yahoo.com; **Caroline County LST 525**, New Orleans, 8/11-14, Donnie Crosswhite, (870) 942-3797, dcrossw@windstream.net; **Carter Hall LSD 3**, Oklahama City, 9/24-27, Raylah Holm, (509) 607-9021, raylah@aol.com; **Catamount LSD 17**, Oklahoma City, 9/24-27, Raylah Holm, (509) 607-9021, raylah@aol.com; **Chara AE 31**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Damato DD/DDE 871**, St. Louis, 9/15-19, Stew Baldwin, (419) 654-0248, sbaldwin@matalink.net; **Denver LPD 9 & CL 58**, Cody, WY, 9/9-13, Gregg Blikre, (307) 682-5311, blik@vcn.com; **Diablo SS 479**, Groton, CT, 10/8-11, Dave Matthes, (540) 665-6454, dmatthes479@gmail.com; **Diamondhead AE 19**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **English DD 696**, Winchester, VA, 9/22-24, Jen Paugh, (304) 533-3182, juken2006@yahoo.com; **Enterprise CVN/CVAN 65**, Las Vegas, 9/23-27, Bruce Mooberry, (316) 619-1268, brucemooberry@gmail.com; **Firedrake AE 14**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Flint AE 32**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Fort Snelling LSD 30**, Mystic, CT, 9/16-20, Frank Cuccaro, (203) 667-6835, fcucc49389@comcast.net; **Foss DE 59**, Bloomington, MN, 9/20-23, David Gregut, (785) 828-3446, ksstick@embarqmail.com; **Fred T. Berry DD/DDE 858**, Harrisburg, PA, 10/1-4, John Tittsworth, (203) 531-6618, skiptonit@aol.com; **Galveston CLG 3**, S. Portland, ME, 9/22-26, Bob Bakos, (412) 882-1591, robjan714@comcast.net; **Goldsborough DDG 20**, Buffalo, NY, 10/4-8, William Biller, (419) 680-0025, pibiller@gmail.com; **Graffias AF 29 & AFs of SEVRON 7**, Branson, MO, 9/17-21, Dan Bulicek, (847) 567-5341, rschiefdan@comcast.net; **Grand Canyon AD/AR 28**, Washington, DC, 9/17-21, Tom Chamberlin, (843) 213-8026, wtchamberlin@aol.com; **Grant County LST 1174**, Savannah, GA, 9/24-26, Bob Simanski, (732) 574-9161, bsimanski@prodigy.net; **Greenfish SS 351**, Gulf Shores, AL, 9/24-28, Philip Johnson, (256) 682-9241, philipj490@att.net; **Guam LPH 9 Assn**, Norfolk, VA, 9/27-10/3, Allan Getter, (619) 857-5992, g2121@cox.net; **Gurke DD 783**, San Diego, 9/23-25, Craig Smith, (360) 927-2762, gh50z@yahoo.com; **Haleakala AE 25**, Milwaukee, 9/15-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Harwood DD 861**, Tampa, FL, 9/24-27, Anthony Accatatta, (941) 792-6072, tonyacc@yahoo.com; **Holder DD/DDE 819**, Warwick, RI, 9/23-26, Jim DeBarrios, (831) 458-9062, ussholder_dde819@hotmail.com; **Holder DD/DDE 819**, Warwick, CT, 9/23-27, Jim DeBarrios, (831) 458-9062, ussholder_dde819@hotmail.com; **Hollister DD 788**, Branson, MO, 9/27-30, Casey/Chris Orr, (319) 377-4759, cwoor78@gmail.com; **John Paul Jones DD 932 & DDG 32/53**, Portland, ME, 5/27-31, Ray Schmidt, (716)

200-8511, landau365@yahoo.com; **Kawishiwi AO 146**, Duluth, MN, 9/10-13, Marlon Dynesius, (651) 346-9403, mddynesius@hotmail.com; **Kilauea AE 26**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Laffey DD 724**, Mount Pleasant, SC, 10/4-7, Leigh-Ann Zerden, (302) 249-5591, sweeten2780@aol.com; **Lake Champlain CV/CVA/CVS 39**, Charleston, SC, 9/21-24, Jim Brown, (914) 490-9662, goat1964@aol.com; **Lassen AE 3**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Leary DD 879**, Harrisburg, PA, 9/9-12, Al Redden, (308) 530-1284, alshr@alphone.com; **Leyte CV/CVS 32**, Annapolis, MD, 9/15-20, John Mitchell, (480) 239-9555, 1016coney@gmail.com; **Mauna Loa AE 8**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Mazama AE 9**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **McCloy DE/FF 1038**, Clearwater, FL, 10/16-18, Pete Russo, (732) 312-2337, pgrusso10@yahoo.com; **Mount Baker AE 4/34**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Mount Hood AE 11/29**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Mount Katmai AE 16**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Mount Kiska AE 35**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Nantahala AO 60**, Bismarck, ND, 9/8-13, Darrell Mercie, (507) 532-6042, darkit@chartermi.net; **NAS Sanford (All Units & Sqdns, 1942-1968)**, Sanford, FL, 6/25-28, Debbie Ely, (407) 314-0201, leasomom81@aol.com; **Naval Reserve Ctr Altoona, PA**, Duncansville, PA, 9/19, Robert Bentley, (814) 696-3366, rjbentley@atlanticbb.net; **NSVA All Seabee Reunion**, Pigeon Forge, TN, 10/25-29, Harry Ray McPeck, (865) 776-1051; **Oak Hill LSD 7**, Oklahoma City, 9/24-27, Raylah Holm, (509) 607-9021, raylah@aol.com; **Ogden LPD 5**, New Orleans, 9/10-12, Mark Stephens, (570) 640-1094, ussogdenlpd5@gmail.com; **OICC-RVN/DEPSEA/RMK-BRJ Vietnam Builders**, New Orleans, 5/3-7, Mike Hadbavny, (843) 556-6504, mhadbavny92@gmail.com; **Oriskany CVA 34**, Worley, ID, 9/27-30, Bill Mourning, (208) 568-1894, lmourning1688@gmail.com; **Paricutin AE 18**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Point Defiance LSD 31**, Harrisburg, PA, 9/23-27, Mike Doto, (406) 491-9308, mdoto@bridgemail.com; **Rainier AOE 7**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Reeves DLG/CG 24**, San Diego, 10/8-12, Thomas Bailey, (719) 647-2872, tombailey@ussreeves.net; **Richard B. Anderson DD 786**, St. Charles, MO, 9/23-27, Kent Phemister, (817) 797-4141, kentphemister@gmail.com; **Rupertus DD 851**, Seattle, 9/10-13, Alan Lewis, (914) 443-5496, alewis@hvc.rr.com; **Sacramento AOE 1**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Sangay AE 10**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Santa Barbara AE 28**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Saratoga CV 3 & CV/CVA 60**,

Carlsbad, CA, 10/7-11, Steven Medina, (626) 252-6792, steven.medina55@yahoo.com; **Seadragon SSN 584**, Tucson, AZ, 8/27-29, John Schwab, (575) 791-5658, schwabjb@yahoo.com; **Shasta AE 6/33**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Silverstein DE 534**, Bloomington, MN, 9/20-23, David Cregut, (785) 828-3446, ksstick@embarqmail.com; **Southerland DD/DDR 743**, Portland, ME, 9/30-10/4, Gary Schweizer, (574) 276-9539, sweenie04@comcast.net; **Stoddard DD 566**, Jacksonville, FL, 9/16-19, Bill Melyan, (941) 626-1593, keystonewillie@verizon.net; **Sumner County LST 1148**, Charleston, WV, 10/2-4, Arle Bunch, (317) 447-0075; **Supply AOE 6**, Milwaukee, WI, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Suribachi AE 21**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **Tarawa LHA 1**, Las Vegas, 8/3-7, Steve Stanfill, (619) 855-8004, stevz94@cox.net; **Ticonderoga CV/CVA/CVS 14 & CG 47 - Crew & Airwing**, Portland, OR, 5/13-18, Bill Spanbauer, (920) 410-7500, ticoht2sw@gmail.com; **Tolovana AO 64**, Tulsa, OK, 9/21-23, Randy "Okie" Baughman, (321) 795-3940, okie_baughman@yahoo.com; **United States Submarine Veterans Inc. (USSVI)**, Tucson, AZ, 8/23-30, Dennis Ottley, (520) 237-7874, ussvi.tucsonbase@gmail.com; **VA-85 (All Yrs)**, Jacksonville, FL, 9/23-26, Kim Brockhoff, (859) 428-0306, bigjake392@fuse.net; **VAW-12**, Pensacola, FL, 10/14-17, Dick Bray, (585) 576-0595, leighbray@hotmail.com; **Vesuvius AE 15**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **VF-213 Black Lions**, Branson, MO, 9/16-20, Mary Kennedy, (636) 282-0480, evelyn498@att.net; **Virgo AE 30**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com; **VQ Assn (VQ 1, 2, 5, 6 & NSG, All Eras)**, Warwick/Providence, RI, 10/11-15, Ronald Jarabak, (813) 390-3790, broken3@outlook.com; **Walton DE 361**, Bloomington, MN, 9/20-23, David Cregut, (785) 828-3446, ksstick@embarqmail.com; **Warrington DD 843**, Warwick, RI, 10/4-8, Stan Prager, (916) 791-6700, stashuman843@msn.com; **Whitehurst DE 634**, Bloomington, MN, 9/20-23, David Cregut, (785) 828-3446, ksstick@embarqmail.com; **Wiltie DD 716**, San Antonio, 9/27-30, Ted Laurila, (360) 736-3853, dd716ted@comcast.net; **Wrangell AE 12**, Milwaukee, 9/16-19, Kurt Julsen, (907) 632-9961, aesakj@yahoo.com

LIFE MEMBERSHIPS

Post 67, ME: Rod Berube
Post 138, MT: Donald Hill, William Hocker

IN SEARCH OF

2nd Armd Div 94th AAA Bn D Btry (Wackernheim, Germany, 1955-1956), Ray Lowe, (937) 901-0821, rjlowe@sbcglobal.net
2nd Msl Bn 82nd Arty (Harvey Bks, Kitzingen, Germany, 1961-1963), Michael Detorie, (443) 825-6239

16th AOD (Fort Bragg, NC & Echtermingen Army Air Field, Germany, 1959-1960), Tom Senuta, (860) 705-1328, twstrucks@yahoo.com

20th FMS Engine Shop (RAF Wethersfield, England, 1967-1970), Wes Cobb, (912) 927-4561

32nd Sig Bn A Co Cable Const Co (Cambrai Fritsch Kaserne, Darmstadt, Germany, 1961), Tom Senuta, (860) 705-1328, twstrucks@yahoo.com

AOD (Fort Bragg, NC & Echtermingen Army Air Field, Germany, 1959-1960), Tom Senuta, (860) 705-1328, twstrucks@yahoo.com

1607th Comm & Elect Sqdn, All Shops (Dover AFB, 1961-1964), Joel Gray, 1607thcomm.elect@gmail.com

A Co 7th Bn 2nd Bde 3rd Plt (Fort Jackson, SC, 1981), Jeana Large, jeanawhiteis@gmail.com

AC-119 Gunship/AC-47 Puff the Magic Dragon - Air Crew, Ground Crew & Support Personnel (SE Asia, 1967-1972), Jim Dunn, (517) 669-9216, ac119kjimd@aol.com

Air Grp 21, VA-212 Line Crew (Moffett Air Field, CA, 1956-1958), Joe Lee, (678) 458-0463

B Co 322nd Sig Bn (Germany, 1951-1953), W. Hothan, 7 Apollo Circle, Bethpage, NY 11714

Oxford APA 189 (1944-1947), Alfred Lawson, (540) 710-1590, alfred1922@verizon.net

TAPS

William F. Milligan, Dept. of Maryland. Nat'l Law and Order & Homeland Security Cmte. Memb. 2018-2020.

Leonard C. Normandeau, Dept. of Vermont. Dept. Cmdr. 2006-2007 and Nat'l Americanism Cncl. Vice Chmn. 2003-2007.

Mark W. Queen, Dept. of Pennsylvania. Nat'l Foreign Relations Cncl. Vice Chmn. 2009-2013, Nat'l Sec. Cncl. Vice Chmn. 2009 and Nat'l Sec. Cncl. Memb. 2013-2016.

Clifton M. Sorenson, Dept. of Wisconsin. Nat'l Foreign Relations Cncl. Vice Chmn. 2009-2013 and Nat'l Veterans Employment & Education Cncl. Memb. 2013-2020.

CANCELED REUNIONS

If your military reunion has been canceled, let us know by sending an email to **reunions@legion.org**. For a list of canceled reunions, go to **legion.org/reunions/canceled**.

LEGION SHOPPER



U.S. MILITARY MEDALS & RIBBONS

FREE COLOR CATALOG!
TOLL FREE TEL: 800-864-5062

VETS SUPPLY LINE
10550 CO RD 81, #218
MAPLE GROVE, MN 55369

WEB SITE: www.MilitaryVetsPX.com

CUSTOM BALL CAPS-NAVY SHIP CAPS

HAT PINS • MEDALS • BALL CAPS

• FREE COLOR CATALOG
• 2500+ Military Designs
• Army, Navy, Air Force, Marines
• Call now! Toll-free!
1-888-223-1159

• Custom pins & patches available.
Dealer inquires welcome.

HONORS
by Hoover's Mfg., Co.
P.O. Box 547AL, Peru, IL 61354
Fax: 1-815-223-1499

Email: dave@hmchonors.com
Website: www.hmchonors.com

Keep the dream alive. Hit the "snooze" button.

A MAN went to his doctor and said, "Help me, doctor. I think my eyesight is getting worse."

The doctor asked the man to look out the window. "Tell me what you see," he said, pointing.

"I see the sun," the man replied.

The doctor turned to him and asked, "Just how much farther do you *want* to see?"

AN OFFICE MANAGER complained to a repairman, "You're charging me \$200 to fix the copier? You were here five minutes and all you did was kick it! I hope you can itemize these charges."

"Sure," the repairman answered. "Fifty for fixing the copier, and \$150 for knowing where to kick it."

THE WIFE told her husband, "Let's go antiquing today. I'm feeling Victorian."

"No," he said, "let's not. I'm feeling baroque."

A GOLFER was 26 over par by the eighth hole, had landed a fleet of golf balls in the water hazard and dug himself into a trench fighting his way out of the rough when his caddy coughed during a 12-inch putt. The golfer exploded.

"You've got to be the worst caddy in the world!" he screamed.

"I doubt it," the caddy quipped. "That would be too much of a coincidence."

A BOY was at the barber for the first time, and the barber asked him how he wanted his hair cut.

"Just like Daddy's," he replied. "And be sure to leave the little round hole on the top where his head comes through."



"I know an apple is more traditional, but I heard women your age need more potassium."



"I told you 'casual day' was a slippery slope."



"The anesthesia should be wearing off soon, so you're going to start feeling that out-of-pocket expense."

THE WORLD is full of willing people. Some are willing to work, and the rest are willing to let them.

A CHILD was taken to the dentist for a checkup, then told she'd have to have a filling.

"What kind of filling would you like for that tooth?" the dentist asked her mother.

The child piped up, "Chocolate, please."

A WOMAN turned to her boyfriend after yet another long game in a cold stadium and asked, "Why on earth do you like professional sports so much?"

"Look at it this way," he said. "Where else can we boo a bunch of millionaires to their faces?"

"I RESENT my barber when he charges the full cost after he cuts my hair, but he says he's charging me for finding it." – Tim Conway

Easier is better with the Jitterbug.



The Jitterbug® Flip, from the creators of the original easy-to-use cell phone, has big buttons and an exclusive 5Star® Urgent Response button on the keypad.

EASY TO USE Today, cell phones are hard to hear, difficult to dial and overloaded with features you may never use. That's not the case with the Jitterbug Flip. A large screen and big buttons make it easy to call family and friends. The powerful speaker ensures every conversation will be loud and clear. Plus, straightforward YES and NO buttons make navigating the menu simple.

Plans as low as

\$14.99
month*

EASY TO ENJOY Wherever you go, a built-in camera makes it easy and fun for you to capture and share your favorite memories. And a built-in reading magnifier with LED flashlight helps you see in dimly lit areas. With all the features you need, the Jitterbug Flip also comes with a long-lasting battery, so you won't have to worry about running out of power.

EASY TO BE PREPARED Life has a way of being unpredictable, but you can be prepared in any uncertain or unsafe situation with 5Star Service. Simply press the 5Star button to be connected immediately with a highly-trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

The Jitterbug Flip is one of the most affordable cell phones on the market and comes with dependable nationwide coverage. Friendly customer service representatives will help figure out which phone plan is best for you, and with no long-term contracts or cancellation fees, you can switch plans anytime. You can even keep your current landline or cell phone number. **Plus, get more minutes with our great new rate plans!**

Powered by the nation's largest and most
dependable wireless network.



**NO LONG-TERM
CONTRACTS**

No cancellation fees

Buy now and get a **FREE**
Car Charger, a \$25 value!

To order or learn more, call
1-800-650-5120
or visit greatcall.com/Flip

Why the Jitterbug Flip is your best choice for a new cell phone:

No long-term contracts	Keep your current phone number	Free U.S.-based customer service	No hidden monthly fees	Affordable, flexible plans
------------------------	--------------------------------	----------------------------------	------------------------	----------------------------

Available at:



*Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of \$35. 5Star or 9-1-1 calls can be made only when cellular service is available. 5Star Service tracks an approximate location of the device when the device is turned on and connected to the network. GreatCall does not guarantee an exact location. 5Star is only available with the purchase of a Health & Safety Package. Car charger will be mailed to customer after the device is activated. GREATCALL, 5STAR, and JITTERBUG are trademarks of Best Buy and its affiliated companies. © 2020 Best Buy. All rights reserved.

gravity defy[®]

MEDICAL TECHNOLOGY CORPORATION

LIVE LIFE WITHOUT PAIN

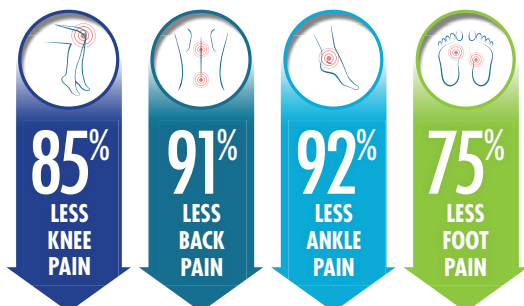
Plantar Fasciitis • Arthritis • Joint Pain • Heel Spurs • Back & Knee Pain



PATENTED VERSOSHOCK® SOLE
SHOCK ABSORPTION SYSTEM

“ I’ve had lower back pain for years. Walking in these shoes was life changing for me. I feel like I’m walking on air. ”

– Bill F.



*Results of a double-blind study conducted by Olive View UCLA Medical Center.

Enjoy the benefits of exercise
with proven pain relief.

- ✓ Ultimate Comfort
- ✓ Renewed Energy
- ✓ Maximum Protection
- ✓ Improve Posture

G-DEFY MIGHTY WALK \$155

**X-WIDE
WIDTH**
AVAILABLE

Men Sizes 8-15 M/W/XW

- Gray TB9024MGS
- Black TB9024MBL

Women Sizes 6-11 M/W/XW

- Gray TB9024FGS
- Salmon/Gray TB9024FGP



\$30 OFF
YOUR ORDER

Promo Code MG4EMM9

www.gravitydefyer.com

Expires August 31, 2020

Free Exchanges • Free Returns

100% Satisfaction Guaranteed

Call 1(800) 429-0039

Nationwide

**THE
WALKING
COMPANY.**



VersoShock® U.S. Patent #US8,555,526 B2. May be eligible for Medicare reimbursement. This product is not intended to treat, cure or prevent any disease. \$30 off applies to orders of \$100 or more for a limited time. Cannot be combined with other offers. 9% CA sales tax applies to orders in California. Shoes must be returned within 30 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.